

### THE

## MAKER'S

SHOPPER'S GUIDE

JORDAN S. RUBIN

## MAKER'S DIET

### SHOPPER'S GUIDE

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### Introduction

The maker's diet 40-day health experience is the complete program that has helped many thousands of people achieve total wellness. It arose out of my own health struggles—battling with Crohn's disease and finding little help from traditional medicine—and has grown into the full system as presented in *The Maker's Diet*.

This book, *The Maker's Diet Shopper's Guide*, is designed to be a practical tool for helping you and your family live out the three phases of the Maker's Diet. While the program includes spiritual life, physical fitness, and hygiene and purification, *The Maker's Diet Shopper's Guide* concentrates on nutrition.

To know how to eat on the Maker's Diet, you need to know what foods to prepare (Section 1: Meal Plans). To know what foods to prepare, you need to have recipes that work with the program (Section 2: Recipes). And to know how to prepare the recipes, you have to know what ingredients to purchase (Section 3: Shopping Lists).

It is my hope that *The Maker's Diet Shopper's Guide* gives you the nuts-and-bolts knowledge you need to succeed on the Maker's Diet 40-Day Health Experience.

# Section 1 Meal Plans

### Your Daily Regimen

I have detailed for you a daily regimen for each phase of the protocol. And I have given you sample menus for every day of each two-week phase. (See *The Maker's Diet* for more information on this daily regimen and the terms I refer to.). In addition, you can always refer to Section 3: Shopping Lists to see the foods to enjoy for each phase and thus create your own healthy, delicious meals with a wide variety of natural, healing foods and beverages.

### "Partial-fast" days

I have recommended a partial fast one day per week in each phase. (I recommend Thursday, as it is much more difficult to fast during the weekend.) On the partial-fast days you will not be eating breakfast or lunch. You should still consume your cleansing drink and other supplements. This partial-fast day allows the body to cleanse and rebuild. Make sure to consume lots of fluids during your partial-fast day, especially raw vegetable juices and pure water. To gain maximum spiritual benefit from your partial-fast days, I recommend praying each time you experience hunger.

### Daily Regimen for Phase One: Days 1-14

### Morning hygiene

Clenzology

Aromatherapy A.M.

Purification A.M.

### Morning cleansing drink

Mix 2 tablespoons of a whole-food fiber blend and 1-2 tablespoons or 5 caplets of a green superfood blend with HSOs (optional for the hard-core dieter) in 8-12 ounces of purified water. Shake vigorously and drink immediately.

### Morning tune-up

Morning prayer

Exercise (5–10 minutes): Choose one—Functional Fitness, rebounding, or breathing exercises. During exercise listen to music that is uplifting and energizing.

### Breakfast

See sample breakfast menus for days 1-14.

### **Breakfast supplements**

Living multivitamin/mineral with homeostatic nutrients, 2–3 caplets.

### Lunch

See sample lunch menus for days 1-14.

### Lunch supplements

Living multivitamin/mineral with homeostatic nutrients, 2–3 caplets.

### Afternoon cleansing drink

Mix 2 tablespoons of a whole-food fiber blend and 1-2 tablespoons or 5 caplets of a green superfood blend with HSOs (optional for the hard-core dieter) in 8-12 ounces of purified water. Shake vigorously and drink immediately.

### Dinner

See sample dinner menus for days 1-14.

### Dinner supplements

Living multivitamin/mineral with homeostatic nutrients, 2-3 caplets.

Icelandic Cod Liver Oil: 1 teaspoon to 1 tablespoon based on sun exposure. If you receive more than two hours of direct sunlight per week, you may take 1–2 teaspoons. If you receive less than two hours of direct sunlight per week, you may take 1 tablespoon.

### Evening snack

See sample snack menus for days 1-14.

### Evening wind down

Evening prayer

Exercise (5–10 minutes): Choose one—Functional Fitness, rebounding, or breathing exercises. During exercise listen to music that is uplifting and energizing.

### Evening hygiene

Clenzology

Aromatherapy P.M.

Purification P.M.

### In bed before 10:30

### Suggested Meal Plans for Phase One

### Day 1

### Breakfast

Fried eggs (prepared any way you desire: over-easy, medium, or well. Fry in extra-virgin coconut oil or butter.)

Stir-fried veggies

### Lunch

Tuna Salad (page 59)

Raw carrots and celery

### Dinner

French-style London Broil (page 69)

Green salad

### Evening snack

½ cup strawberries

1 oz. raw goat's milk cheese

### Day 2

### Breakfast

Vegetable Frittata (page 55)

### Lunch

Coconut Milk Soup (page 40)

### Dinner

Wild Alaskan Salmon With Pecan Pesto (page 57)

Green salad

Cultured vegetables

### Evening snack

Carrot, celery, and raw almond butter

Day 3

### Breakfast

Onion, Pepper, and Goat Cheese Omelet (page 54) Avocado slices with seasoning

### Lunch

Oriental Red Meat Salad (page 43)

### Dinner

Coconut Milk Soup (page 40), left over from day 2 Easy Broiled Halibut (page 56)

Green salad

### Evening snack

Goat's milk yogurt

Raw honey, vanilla, and blueberries

Day 4

### **Breakfast**

Easy Soft-boiled/Hardboiled Eggs (page 53) Steamed broccoli with butter

### Lunch

Coconut Milk Soup (page 40), left over from day 2

### Dinner

Green salad

Wild Duck (page 64)

### Evening snack

Raw soaked almonds

Raw milk cheese

Day 5

### Breakfast

None (partial-fast day)

### Lunch

None (partial-fast day)

### Dinner

Cultured veggies

Green salad

Tuna Steaks, Oriental Style (page 59)

### Evening snack

None (partial-fast day)

Day 6

### Breakfast

Mushroom Swiss Omelet (page 54)

### Lunch

Chicken Salad (page 60)

### Dinner

Green salad

Steamed asparagus with butter

Easy Broiled Steak (page 66)

### Evening snack

Raspberries

Raw milk cheese

Day 7

### Breakfast

Fried eggs

Avocado

Salsa

### Lunch

Beef Soup (page 37)

### Dinner

Steamed vegetable medley

Chicken With Oregano and Mushrooms (page 60)

### Evening snack

Probiogurt and a small amount of honey

Day 8

### Breakfast

Tomato Basil Omelet (page 54)

### Lunch

Tuna Tahini Salad (page 44)

Raw carrot, cucumber, and celery

### Dinner

Beef Soup (page 37), left over from day 7

Easy Curried Chicken (page 61)

Steamed broccoli

### Evening snack

½ cup blueberries

Probiogurt with ½ tsp. honey

Day 9

### Breakfast

Vegetable Frittata (page 55)

"Live" salsa

### Lunch

Beef Soup (page 37), left over from day 7

### Dinner

Green salad

Chevon Meat Loaf (page 65), or other red meat loaf

### Evening snack

Pepitas (page 78)

### Breakfast

Sausage and Pepper Omelet (page 54)

### Lunch

Salmon Salad (page 57)

Carrot and celery sticks

### Dinner

Chicken Fajitas (with no tortilla) over mixed greens (page 62)

### Evening snack

½ cup blackberries

1 oz. goat cheddar cheese

### Day 11

### Breakfast

Scrambled eggs with cheese

### Lunch

Grilled chicken over mixed greens

### Dinner

Red Meat Chili (page 41)

Green salad

### Evening snack

Soaked almonds

Goat's milk cottage cheese

### **Day 12**

### Breakfast

None (partial-fast day)

### Lunch

None (partial-fast day)

### Dinner

Cultured veggies

Green salad

Easy Smothered Salmon (page 56)

### Evening snack

None (partial-fast day)

### Day 13

### Breakfast

Naturally smoked salmon

Thinly sliced cheddar cheese

1/2 avocado filled with salsa

### Lunch

Hamburger patty with grilled, roasted, or sautéed onions, peppers, and mushrooms Green salad

### Dinner

Roasted Pastured Chicken (page 63)

Roasted vegetables (peppers, onions, carrots, peas, broccoli)

### Evening snack

### **Day 14**

### Breakfast

Spinach and Feta Omelet (page 54)

### Lunch

Tuna Salad (page 59)

### Dinner

Green salad

Easy Pepper Steak (page 68)

### Evening snack

Mixed berries (strawberries, blueberries, raspberries, blackberries) Goat's milk cottage cheese or cheddar cheese

### Daily Regimen for Phase Two: Days 15-28

### Morning hygiene

Clenzology

Hydrotherapy shower

Aromatherapy A.M.

Purification A.M.

### Morning cleansing drink

Mix 2 tablespoons of a whole-food fiber blend and 1-2 tablespoons or 5 caplets of a green superfood blend with HSOs (optional for the hard-core dieter) in 8-12 ounces of purified water. Shake vigorously and drink immediately.

### Morning tune-up

Morning prayer

Exercise (10–15 minutes): Choose one—Functional Fitness, rebounding, or breathing exercises. During exercise listen to music that is uplifting and energizing.

### Breakfast

See sample breakfast menus for days 15-28.

### Breakfast supplements

Living multivitamin/mineral with homeostatic nutrients, 2–3 caplets.

### Lunch

See sample lunch menus for days 15-28.

### Lunch supplements

Living multivitamin/mineral with homeostatic nutrients, 2–3 caplets.

### Afternoon cleansing drink

Mix 2 tablespoons of a whole-food fiber blend and 1–2 tablespoons or 5 caplets of a green superfood blend with HSOs (optional for the hard-core dieter) in 8–12 ounces of purified water. Shake vigorously and drink immediately.

### Dinner

See sample dinner menus for days 15-28.

### Dinner supplements

Living multivitamin/mineral with homeostatic nutrients, 2–3 caplets.

Icelandic Cod Liver Oil: 1 teaspoon to 1 tablespoon based on sun exposure. If you receive more than two hours of direct sunlight per week, you may take 1–2 teaspoons. If you receive less than two hours of direct sunlight per week, you may take 1 tablespoon.

### Evening snack

See sample snack menus for days 15-28.

### Evening wind down

Evening prayer

Exercise (10–15 minutes): Choose one—Functional Fitness, rebounding, or breathing exercises. During exercise listen to music that is uplifting and energizing.

### Evening hygiene

Clenzology

Aromatherapy P.M.

Purification P.M.

Healing bath (optional)

### In bed before 10:30

### Suggested Meal Plans for Phase Two

### Day 15

### Breakfast

Cottage cheese or ricotta cheese

Pineapple

Sliced almonds

### Lunch

Uptown Salad (page 42)

### Dinner

Venison Steaks With Marinade (page 70)

Sweet potatoes with butter

Steamed vegetable medley

### Evening snack

Balanced Vegetable Juice (page 81)

### Day 16

### Breakfast

Garden Herb Omelet (page 54)

1 orange

### Lunch

Salade Nicoise (page 44)

### Dinner

Chicken With Oregano and Mushrooms (page 60)

Corn on the cob

Steamed broccoli and carrots with butter

### Evening snack

Apple slices

Almond butter and honey

### **Day 17**

### Breakfast

Easy Soft-boiled/Hardboiled Eggs (page 53)

Avocado with salsa

### Lunch

Chicken Soup/Stock (page 38)

### Dinner

Red Snapper Mexican Style (page 58)

Black beans

Easy Vegetable Salad (page 42)

### Evening snack

Mixed raw nuts (almonds, walnuts, pecans, Macadamia nuts)

Apple slices

1 oz. cheese

### **Day 18**

### Breakfast

**Yogurt** 

Peaches

Raw honey

### Lunch

Chicken Salad (page 60), with meat left over from Chicken Soup, day 17 Carrot and celery sticks

### Dinner

Mushroom Soup (page 40), using chicken stock from day 17

Beef burger patty

Sautéed onions and peppers

### Evening snack

Creamy High-Enzyme Dessert (page 87)

### **Day 19**

### Breakfast

None (partial-fast day)

### Lunch

None (partial-fast day)

### Dinner

Ginger Carrots (page 46)

Mushroom Soup (page 40)

Green salad

Grilled chicken breast

Pan-fried sweet potato in coconut oil or butter

### Evening snack

None (partial-fast day)

### Day 20

### Breakfast

Garden Herb Omelet (page 54)

Grapefruit

### Lunch

Salmon Salad (page 57)

Carrot and celery sticks

### Dinner

Green salad

Venison or lamb kabobs

Grilled vegetables (peppers, onions, mushrooms)

### Evening snack

Balanced Vegetable Juice (page 81)

### Breakfast

Fried eggs

½ cup strawberries

### Lunch

Uptown Salad (with roast beef) (page 42)

### Dinner

Simple Baked Fish (page 56)

Yogurt Tahini Inbetweeni (page 52)

Steamed broccoli

### Evening snack

Sliced apples

Nut or seed butter (almond, sesame, etc.)

Day 22

### Breakfast

Cottage cheese

Honey

Berries of choice

### Lunch

Tuna Tahini Salad (page 44)

### Dinner

Easy Curried Chicken (page 61)

Zucchini and onions

Baked sweet potato with butter

### Evening snack

Creamy High-Enzyme Dessert (page 87)

Day 23

### Breakfast

Sausage and Pepper Omelet (page 54)

### Lunch

Chicken Soup (page 38)

Green salad

### Dinner

Wild Alaskan Salmon With Pecan Pesto (page 57)

Steamed leeks and asparagus

### Evening snack

1 oz. cheddar cheese

½ cup strawberries

Day 24

### Breakfast

Easy Soft-boiled/Hardboiled Eggs (page 53)

½ avocado with salsa or seasoning

### Lunch

Chicken Salad (page 60), using leftover chicken from Chicken Soup, day 23

### Dinner

Coconut Milk Soup (page 40), using leftover chicken stock from day 23

Easy Smothered Salmon (page 56)

Steamed broccoli, carrots, and peas

### Evening snack

Pear slices

Almond butter

### Day 25

### Breakfast

Yogurt or kefir

Berries

Almond slices

### Lunch

Coconut Milk Soup (page 40), using leftover chicken stock from day 23 Green salad

### Dinner

Easy Pepper Steak (page 68)

Marinated sautéed portabello mushrooms and onions

### Evening snack

1 orange

Sunflower seeds

### Day 26

### Breakfast

None (partial-fast day)

### Lunch

None (partial-fast day)

### Dinner

Cultured vegetables

Green salad

Cilantro Lime Chicken Cacciatore (page 61)

Black beans

### Evening snack

None (partial-fast day)

### Day 27

### Breakfast

Onion, Pepper, and Goat Cheese Omelet (page 54)

### Lunch

Salmon Salad (page 57)

### Dinner

Ginger Carrots (page 46)

Grilled or sautéed chicken or fish of choice

Steamed or sautéed vegetables of choice

### Evening snack

Fruit salad with allowable fruits of your choice

### Day 28

### Breakfast

Vegetable Frittata (page 55) ½ cup raspberries

### Lunch

Oriental Red Meat Salad (page 43)

### Dinner

Tuna Steaks, Oriental Style (page 59) Mixed greens Steamed asparagus Sautéed mushrooms

### Evening snack

Pepitas (page 78)

### Daily Regimen for Phase Three: Days 29-40

### Morning hygiene

Clenzology

Hydrotherapy shower and scrub

Aromatherapy A.M.

Purification A.M.

### Morning cleansing drink

Mix 2 tablespoons of a whole-food fiber blend and 1-2 tablespoons or 5 caplets of a green superfood blend with HSOs (optional for the hard-core dieter) in 8-12 ounces of purified water. Shake vigorously and drink immediately.

### Morning tune-up

Morning prayer

Exercise (15–20 minutes): Choose one—Functional Fitness, rebounding, or breathing exercises. During exercise listen to music that is uplifting and energizing.

### Breakfast

See sample breakfast menus for days 29-40.

### Breakfast supplements

Living multivitamin/mineral with homeostatic nutrients, 2–3 caplets.

### Lunch

See sample lunch menus for days 29-40.

### Lunch supplements

Living multivitamin/mineral with homeostatic nutrients, 2–3 caplets.

### Afternoon cleansing drink (optional)

Mix 2 tablespoons of a whole-food fiber blend and 1-2 tablespoons or 5 caplets of a green superfood blend with HSOs (optional for the hard-core dieter) in 8-12 ounces of purified water. Shake vigorously and drink immediately.

### Dinner

See sample dinner menus for days 29-40.

### Dinner supplements

Living multivitamin/mineral with homeostatic nutrients, 2–3 caplets.

Icelandic Cod Liver Oil: 1 teaspoon to 1 tablespoon based on sun exposure. If you receive more than two hours of direct sunlight per week, you may take 1–2 teaspoons. If you receive less than two hours of direct sunlight per week, you may take 1 tablespoon.

### Evening wind down

Evening prayer

Exercise (15–20 minutes): Choose one—Functional Fitness, rebounding, or breathing exercises. During exercise listen to music that is uplifting and energizing.

### Evening hygiene

Clenzology

Aromatherapy P.M.
Purification P.M.
Healing bath (optional)

### In bed before 10:30

### Suggested Meal Plans for Phase Three

### Day 29

### **Breakfast**

Berry Smoothie (page 84)

### Lunch

Sliced turkey and avocado sandwich on toasted sprouted or whole-grain sourdough bread Carrot and celery sticks

### Dinner

Barbecue-style chicken breast Pan-roasted red bliss potatoes Steamed asparagus

### Day 30

### Breakfast

Tomato Basil Omelet (page 54) 1 orange or grapefruit

### Lunch

Uptown Salad (page 42)

### Dinner

Lamb Chops (page 66) Baked potato with butter Steamed vegetables (carrots, peas, broccoli)

### Day 31

### **Breakfast**

Fried eggs

Blueberry Pecan Pancakes (page 78)

### Lunch

Green salad

Chicken Soup (page 38)

### Dinner

Green salad

Easy Broiled Halibut (page 56)

Steamed broccoli

**Day 32** 

### Breakfast

Cottage cheese

Tropical fruit (mango, papaya, banana, pineapple)

Raw honey

### Lunch

Chicken Salad (page 60), with leftover chicken from soup on day 31 Carrot and celery sticks

### Dinner

Cultured vegetables

Beef Soup (page 37)

Grilled salmon teriyaki

Brown rice

### Day 33

### Breakfast

None (partial-fast day)

### Lunch

None (partial-fast day)

### Dinner

Raw Sauerkraut (page 47)

Green salad

Beef Soup (page 37)

Chicken Fajitas (page 62)

Sprouted tortillas

Salsa, guacamole, sour cream

### Day 34

### Breakfast

Pina Colada Smoothie (page 85)

### Lunch

Tuna Tahini Salad (page 44)

### Dinner

Green salad

Spicy Chicken Stuffed Peppers (page 62)

### Day 35

### **Breakfast**

Spinach and Feta Omelet (page 54)

½ cup berries of choice

### Lunch

Roast beef sandwich on sprouted or sourdough whole-grain bread Carrot and celery sticks

### Dinner

Simple Baked Fish (page 56)

Steamed vegetables

Baked sweet potato

### Day 36

### Breakfast

Cottage cheese or yogurt

Fruit of choice

### Lunch

Salmon Salad (page 57)

### Apple slices

### Dinner

Easy Curried Chicken (page 61)

Couscous (bulgur wheat)

Stir-fried broccoli, onions, mushrooms

### **Day 37**

### Breakfast

Oatmeal

Raisins

Sliced almonds

### Lunch

Grilled chicken

Green salad

### Dinner

Green salad

French-style London Broil (page 69)

Roasted new potatoes

### **Day 38**

### Breakfast

Mushroom Swiss Omelet (page 54)

### Lunch

Uptown Salad (with turkey breast) (page 42)

### Dinner

Green salad

Quinoa with onions and peas

Broiled grouper with citrus marinade

### **Day 39**

### Breakfast

Peaches 'n Cream Smoothie (page 85)

### Lunch

Red Meat Chili (page 41)

### Dinner

Green salad

Easy Broiled Steak (page 66)

Baked potato

### Day 40

### Breakfast

Easy Whole-Grain Waffles (page 75)

### Lunch

Salade Nicoise (page 44)

### Dinner

Green salad

Chicken With Oregano and Mushrooms (page 60)

Steamed vegetables

# Section 2 Recipes

### SOUPS AND STOCKS

### BEEF SOUP/STOCK

About 6 lb. beef marrow and knuckle bones

1 calf's foot, cut into pieces (optional)

5 lb. meaty rib or neck bones

4 or more quarts cold, filtered water

3 onions, coarsely chopped

3 carrots, coarsely chopped

3 celery stalks, coarsely chopped

Several sprigs of fresh thyme, tied together

1 tsp. dried green peppercorns, crushed

1 bunch parsley

1/4 cup vinegar

Good beef stock must be made with several sorts of beef bones. Knuckle bones and feet impart large quantities of gelatin to the broth; marrow bones impart flavor and the particular nutrients of the bone marrow; and meaty rib or neck bones add color and flavor.

Place the knuckle and marrow bones and calf's foot (optional) in a very large pot; cover with water. Let stand for one hour. Meanwhile, place meaty bones in a roasting pan and brown at 350 degrees in the oven. When well browned, add to the pot along with vinegar and vegetables.

Pour fat from roasting pan, add cold water, set over a high flame, and bring to a boil, stirring with a wooden spoon to de-glaze. Add this liquid to the pot. Add additional water, if necessary, to cover the bones, but the liquid should come no higher than within 1 inch of the rim of the pot, as the volume expands slightly during cooking. Bring to a boil. A large amount of scum will come to the top. It is important to remove this with a spoon. After you have skimmed, reduce heat and add the thyme and crushed peppercorns.

Simmer stock for at least 12 hours and for as long as 72 hours. Just before finishing, add the parsley. Let it wilt and remove stock from heat.

You will now have a pot of rather repulsive-looking brown liquid containing globs of gelatinous and fatty material. It doesn't even smell particularly good. But don't despair. After straining, you will have a delicious and nourishing clear broth that forms the basis for many other recipes in this book.

Remove bones with tongs or a slotted spoon. Strain the stock into a large bowl. Let cool in the refrigerator, and remove the congealed fat that rises to the top. Reheat and transfer to storage containers.

Note: Your dog will love the leftover meat and bones.

### VARIATION: LAMB STOCK

Use lamb bones, especially lamb neck bones. This makes a delicious stock.

From Nourishing Traditions by Sally Fallon. Used by permission.

### CHICKEN SOUP/STOCK

- 1 whole chicken (free range, pastured or organic)
- 2-4 chicken feet (optional)
- 3-4 quarts cold-filtered water
- 1 Tbsp. raw apple cider vinegar
- 4 medium-sized onions, coarsely chopped
- 8 carrots, peeled and coarsely chopped
- 6 celery stalks, coarsely chopped

- 2-4 zucchinis
- 4-6 Tbsp. extra-virgin coconut oil
- 1 bunch parsley
- 5 garlic cloves
- 4 inches grated ginger
- 2-4 Tbsp. Celtic salt

If you are using a whole chicken, remove fat glands and gizzards from the cavity. By all means, use chicken feet if you can find them—they are full of gelatin. (Jewish folklore considers the addition of chicken feet the secret to successful broth.) Place chicken or chicken pieces in a large stainless steel pot with the water, vinegar, and all vegetables except parsley. Bring to a boil, and remove scum that rises to the top. Cover and cook on low heat for 12 to 24 hours.

The longer you cook the stock, the richer and more flavorful it will be. About five minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.

Remove from heat, and take chicken out of pot. Let it cool, then remove meat from the carcass. Reserve for other uses such as chicken salads, enchiladas, sandwiches, or curries. (The skin and smaller bones, which will be very soft, may be given to your dog or cat.) Strain the stock into a large bowl and reserve in your refrigerator for use as a base for other soups.

### VARIATIONS: TURKEY STOCK AND DUCK STOCK

Prepare as chicken stock using turkey wings and drumsticks or duck carcasses from which the breasts, legs, and thighs have been removed. These stocks will have a stronger flavor than chicken stock and will profit from the addition of several sprigs of fresh thyme tied together during cooking.

From Nourishing Traditions by Sally Fallon. Used by permission.

### FISH STOCK

3 or 4 whole carcasses, including heads, of non-oily fish such as sole, turbot, rockfish, or snapper

2 Tbsp. extra-virgin coconut oil or butter

2 onions, coarsely chopped

1 carrot, coarsely chopped

Several sprigs fresh thyme

Several sprigs parsley

1 bay leaf

½ cup dry white wine or vermouth

1 Tbsp. apple cider vinegar

Melt coconut oil or butter in a large stainless steel pot. Add the vegetables and cook very gently, about 30 minutes, until they are soft. Add wine and bring to a boil. Add fish carcasses and cover with cold, filtered water. Add vinegar. Bring to a boil. Take the time to carefully skim off the scum and impurities as they rise to the top. Tie herbs together and add to the pot. Reduce heat; cover and simmer for at least 4 hours or overnight. Remove carcasses with tongs or a slotted spoon, and strain the liquid into pint-sized storage containers for refrigerator or freezer.

The carrot will add a delicate sweetness to the stock when it has been reduced. Do not be tempted to add more carrots to the stock, or your final sauce will be too sweet! From *Nourishing Traditions* by Sally Fallon. Used by permission.

### COCONUT MILK SOUP

11/2 quarts homemade fish or chicken stock

- 11/2 cups coconut milk and cream
- 1 lb. chicken or fish, cut into small cubes
- 3 jalapeño chilies, diced, or ½ tsp. cayenne pepper, dried
- 1 Tbsp. grated fresh ginger

2 Tbsp. fish sauce (optional) 2–4 Tbsp. lime juice

Chopped cilantro for garnish

Simmer all ingredients until meat is cooked through. Garnish with cilantro. **Serves 6–8.** From *Nourishing Traditions* by Sally Fallon. Used by permission.

### MUSHROOM SOUP

2 medium onions, peeled and chopped

3 Tbsp. extra-virgin coconut oil or butter

2 lb. fresh mushrooms Butter and extra-virgin olive oil

1 quart chicken stock

½ cup dry white wine

1 piece toasted whole-grain sprouted or sourdough bread, broken into pieces

Freshly ground nutmeg

Sea salt or fish sauce and pepper to taste

Sour cream or creme fraiche

The mushrooms must be very fresh! Sauté the onions gently in extra-virgin coconut oil or butter until soft. Meanwhile, wash mushrooms (no need to remove stems) and dry well. Cut into quarters. In a heavy cast-iron skillet, sauté the mushrooms in small batches in a mixture of butter and olive oil. Remove with slotted spoon and drain on paper towels. Add sautéed mushrooms, wine, bread, and chicken stock to onions; bring to a boil, and then skim. Reduce heat and simmer about 15 minutes.

Blend soup with a handheld blender. Add nutmeg and season to taste. Ladle into heated soup bowls and serve with cultured cream. **Serves 6.** 

From Nourishing Traditions by Sally Fallon. Used by permission.

### RED MEAT CHILI

3 lb. coarsely ground beef, buffalo, or game

Extra-virgin olive oil

1/4 cup red wine

2 cups homemade beef stock

2 onions, finely chopped

2-4 small green chilies, hot or mild, seeded and chopped

2 cans tomatoes, briefly chopped in food processor

3 cloves garlic, peeled and mashed

1 Tbsp. ground cumin

2 Tbsp. dried oregano

2 Tbsp. dried basil

1/4 to 1/2 tsp. red chili flakes

4 cups cooked, soaked kidney beans

No-oil chips for garnish

Chopped green onions for garnish

Creme fraiche or sour cream for garnish

Avocado slices for garnish

Chopped cilantro for garnish

Brown meat until crumbly in a little olive oil in a heavy pot. (Olive oil may not be necessary if the beef contains a lot of fat.) Add remaining ingredients. Simmer about 1 hour. Serve with garnishes. Serves 8–12.

From Nourishing Traditions by Sally Fallon. Used by permission.

### Salads

### EASY VEGETABLE SALAD

1 head romaine, Boston, or red lettuce (or mixed greens)

½ zucchini, quartered

½ cucumber, quartered

2 plum tomatoes, seeded and chopped

½ red onion, sliced

2-3 oz. raw cheddar cheese, grated

Dressing of your choice

Place enough lettuce to cover the bottom of your salad bowl, then add a layer each of the other items, then another layer of lettuce, repeating until all ingredients are used up. Serve the dressing on the side, or mix into the entire salad and serve. **Serves 4.** 

From The Lazy Person's Whole Food Cookbook by Stephen Byrnes. Used by permission.

### UPTOWN SALAD

Romaine, Boston, red lettuce, or mixed greens

4 oz. turkey breast or roast beef

½ red pepper

½ cucumber, quartered

1 tomato, sliced

½ red onion, sliced

½ avocado, sliced

2-3 oz. Gorgonzola cheese, grated

Dressing of your choice

### SERVES 1.

By Brian Upton. Used by permission.

### ITALIAN SALAD

- 1 head romaine
- 1 bunch watercress
- 1 red pepper, seeded and cut into a julienne
- 1 cucumber, peeled, seeded, quartered lengthwise, and finely sliced
- 1 heart of celery with leaves, finely chopped
- 1 small red onion, finely sliced
- ½ cup small seed sprouts
- 2 carrots, peeled and grated
- 1 cup red cabbage, finely shredded
- 1 cup cooked chickpeas
- 34 cup Basic Salad Dressing (page 48) or garlic dressing

This is a good, basic salad. Children love it. The secret is to cut everything up small. Remove the outer leaves of the romaine, slice off the end, and open up to rinse out any dirt or impurities, while keeping the head intact. Pat dry. Slice across at ½-inch intervals. Place romaine in your salad bowl, then watercress, then add chopped vegetables in different piles. Finally strew sprouts and garbanzo beans over the top for an attractive presentation. Bring to the table to show off your creation before tossing with dressing. May be served with grated Parmesan cheese. **Serves 6.** 

### VARIATION: MEXICAN SALAD

Use Mexican dressing rather than Basic Salad Dressing or garlic dressing. Omit chickpeas. Top with a sprinkle of pepitas, or thin strips of sprouted wheat tortillas, sautéed in olive oil until crisp. From *Nourishing Traditions* by Sally Fallon. Used by permission.

### ORIENTAL RED MEAT SALAD

11/2 lb. beef flank steak, or similar cut from lamb or game

½ cup lemon juice

6 Tbsp. soy sauce

2 Tbsp. extra-virgin olive oil or expeller-expressed peanut oil

1 Tbsp. toasted sesame oil

1 tsp. grated fresh ginger

Pinch of red pepper flakes

2 Tbsp. toasted sesame seeds

½ lb. snow peas, steamed lightly and cut into quarters at an angle

1 pound bean sprouts, steamed lightly

1 red pepper, seeded and cut into a julienne

Using a sharp knife, score the flank steak or red meat pieces across the grain on both sides. Broil 3 or 4 minutes to a side, or until meat is medium rare. Transfer to a cutting board and let stand for 10 minutes. Meanwhile, mix lemon juice, soy sauce, oils, ginger, and red pepper flakes together. Cut the meat across the grain on an angle into very thin slices, then cut these slices into a julienne. Marinate with soy sauce mixture for several hours in refrigerator. Mix with sesame seeds and vegetables just before serving. Serves 6.

From Nourishing Traditions by Sally Fallon. Used by permission.

### SALADE NICOISE

6 portions fresh tuna steak, about 4 ounces each

Extra-virgin olive oil

6 cups baby salad greens or fries lettuce

6 small ripe tomatoes, cut into wedges

6 small red potatoes, cooked in a clay pot

1 lb. French beans, blanched for 8 minutes and rinsed under cold water

2 dozen small black olives

2 cups herb dressing, made with finely chopped parsley

Brush tuna steaks with olive oil, and season with sea salt and pepper. Using a heavy skillet, cook rapidly, two at a time, for about 4 minutes per side. Set aside.

Divide salad greens between 6 large plates. Garnish with tomatoes, potatoes, beans, and olives. Place steaks on top of greens. Add dressing. This is delicious with sourdough bread or pizza toasts. Serves 6.

From Nourishing Traditions by Sally Fallon. Used by permission.

### TUNA TAHINI SALAD

2 large cans water-packed tuna, drained and flaked

1/4 tsp. cayenne pepper

2 cups tahini sauce (see below)

4 medium onions, thinly sliced

Melted butter and extra-virgin olive oil

1/3 cup toasted pine nuts

Cilantro sprigs for garnish

Toasted, sprouted, or sourdough bread or sprouted crackers

Mix tuna with cayenne pepper and 1 cup sauce. Meanwhile, strew the onions on an oiled cookie sheet; brush with mixture of melted butter and olive oil, and bake at 375 degrees until crisp. Mound tuna on a platter. Scatter onions and pine nuts on top. Garnish with cilantro, and serve with dehydrated, sprouted, whole-grain crackers and remaining sauce. Serves 6–8.

From Nourishing Traditions by Sally Fallon. Used by permission.

### TAHINI SAUCE

2 cloves garlic, peeled and coarsely chopped 1 tsp. sea salt ½ cup tahini 1 Tbsp. unrefined flaxseed oil 1 cup water

½ cup fresh lemon juice

Place garlic in food processor with salt. Blend until minced. Add tahini and flaxseed oil and blend. Using attachment that allows addition of liquids drop by drop and with motor running, add water. When completely blended, add lemon juice all at once and blend until smooth. Sauce should be the consistency of heavy cream. If too thick, add more water and lemon juice. Makes 2 cups. From *Nourishing Traditions* by Sally Fallon. Used by permission.

### **Vegetrables**

General preparation guidelines: Do not boil vegetables unless this is required to eat them. Steam your veggies for a few minutes, then add butter or ghee, seasonings, and serve. You can also sauté your vegetables in extra-virgin coconut oil. Raw veggies with a healthy dressing or dip are also good.

### EASY SAUTÉED GREENS

1 quart spinach or other greens Extra-virgin coconut oil Sea salt/pepper to taste

Wash the spinach or greens in several waters. Remove all stems and brown leaves. Heat extravirgin coconut oil in skillet. Place leaves in the skillet and cover. Cook till wilted, stirring occasionally. Season as you like. Serves 6-8.

From The Lazy Person's Whole Food Cookbook by Stephen Byrnes. Used by permission.

### Cultured Vegetables

### GINGER CARROTS

4 cups grated carrots, loosely packed

1 Tbsp. fresh ginger, grated

2 tsp. sea salt

2 Tbsp. whey (if not available, add an additional 1 tsp. salt)

This is the best introduction to lacto-fermented vegetables we know. The taste is delicious, and the sweetness of the carrots neutralizes the acidity that some people find disagreeable when first introduced to lacto-fermented vegetables. Ginger carrots go well with fish and with highly spiced meats.

In a bowl, mix all ingredients and pound with wooden pounder to release juices. Place in a quart-sized, wide-mouth Mason jar and press down with the wooden pounder. There should be about an inch of space between the top of carrots and the top of the jar. Cover tightly. Leave at room temperature about 2-3 days before transferring to cold storage. MAKES 1 QUART.

From Nourishing Traditions by Sally Fallon. Used by permission.

### RAW SAUERKRAUT

4 cups shredded cabbage, loosely packed

½ tsp. cumin seeds

½ tsp. mustard seeds

2 tsp. Celtic sea salt

2 Tbsp. homemade whey

1 cup filtered water

In a bowl, mix cabbage with cumin and mustard seeds. Mash or pound with a wooden pounder for several minutes to release juices. Place in a quart-sized, wide-mouthed Mason jar and pack down with the pounder. Mix water with sea salt and whey, and pour into jar. Add more water if needed to bring liquid to top of cabbage. There should be about one inch of space between the top of

cabbage and the top of the jar. Cover tightly, and keep at room temperature for about 3 days. Transfer to cold storage. The sauerkraut can be eaten immediately, but it improves with age.  $MAKES\ 1$  QUART.

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### Sauces, Dressings, Dips

### BASIC SALAD DRESSING

½ cup extra-virgin olive oil 1 Tbsp. unrefined flaxseed oil 2 Tbsp. apple cider vinegar or lemon juice 1 tsp. Dijon-type mustard Herbamare seasoning to taste

Combine all ingredients and blend slowly. MAKES ABOUT ¾ CUP. Adapted from *Nourishing Traditions* by Sally Fallon. Used by permission.

### BALSAMIC DRESSING

1 tsp. Dijon-type dressing, smooth or grainy 2 Tbsp. plus 1 tsp. balsamic vinegar ½ cup extra-virgin olive oil 1 Tbsp. unrefined flaxseed oil

Balsamic vinegar is a red wine vinegar that has been aged in wooden casks. It has a delicious, pungent flavor that goes well with dark greens such as watercress or mache. Prepare as in Basic Salad Dressing recipe. MAKES ABOUT 3/4 CUP.

From Nourishing Traditions by Sally Fallon. Used by permission.

### BARBECUE SAUCE

3/4 cup teriyaki sauce 3/4 cup naturally sweetened ketchup

Mix ketchup into teriyaki sauce with a whisk. MAKES 1½ CUPS. From *Nourishing Traditions* by Sally Fallon. Used by permission.

### BETTER BUTTER

½ cup raw or organic butter (unsalted)

½ cup extra-virgin coconut oil

½ cup flaxseed or hempseed oil

1/4 tsp. fine Celtic sea salt

Allow butter and coconut oil to soften at room temperature. Combine with flaxseed or hempseed oil, and add salt. Refrigerate and use as a spread. Note: Never use

Better Butter for cooking. The essential fatty acids contained in the oil will be damaged by the heat. Makes  $1\frac{1}{2}$  cups.

By Jordan Rubin

### CREAMY AVOCADO DIP

1 ripe avocado, peeled and cut into pieces

3 anchovy fillets (optional)
½ cup sour cream or creme fraiche
Juice of 1 lemon
2 tsp. unrefined flaxseed oil
1 clove garlic, mashed

Place all ingredients in food processor and blend until smooth. Chill well before serving. Serve with vegetable sticks or baked tortillas, broken into chips. MAKES 1½ CUPS. From Nourishing Traditions by Sally Fallon. Used by permission.

### CREAMY DRESSING

3/4 cup Basic Salad Dressing (page 48) 1/4 cup sour cream, yogurt, or kefir

This is a traditional recipe of the Auvergne region of France. Prepare Basic Salad Dressing. Blend in cream with a fork. **MAKES ABOUT 1 CUP.** From *Nourishing Traditions* by Sally Fallon. Used by permission.

### EASY AVOCADO DRESSING

1 ripe avocado 1 stalk of celery 1 small red pepper, seeded 2 Tbsp. extra-virgin olive oil Herbamare seasoning to taste

Blend avocado together with oil, celery, and pepper slices in blender until smooth. From *The Lazy Person's Whole Food Cookbook* by Stephen Byrnes. Used by permission.

### EASY FRENCH DRESSING

½ cup high-oleic safflower, sunflower, or walnut oil 4 Tbsp. raw apple cider vinegar or lemon juice 2 tsp. raw, unheated honey ¼ tsp. Herbamare seasoning ¼ tsp. paprika Few grains of cayenne pepper

Combine dry ingredients and apple cider vinegar or lemon juice. Add oil slowly, beating constantly until thick.

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### **GUACAMOLE**

2 ripe avocados
Juice of 1 lemon
2 Tbsp. cilantro, finely chopped (optional)
Pinch Celtic sea salt or Herbamare

Peel avocados. Place flesh in a bowl and squeeze lemon juice over it. Use a fork to mash (do not use a food processor). Guacamole should be slightly lumpy. Stir in the cilantro. Guacamole should be made just before serving as it will turn dark in an hour or two. Serve with vegetable sticks or baked tortillas, broken into chips. MAKES 1½ CUPS.

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### HERB DRESSING

34 cup Basic Salad Dressing (page 48)

1 tsp. very finely chopped fresh herbs such as parsley, tarragon, thyme, basil, or oregano

Prepare Basic Salad Dressing and stir in herbs. MAKES ABOUT <sup>3</sup>/<sub>4</sub> CUP. From *Nourishing Traditions* by Sally Fallon. Used by permission.

### ORIENTAL DRESSING

2 Tbsp. rice vinegar

1 Tbsp. soy sauce

1 tsp. grated ginger

1 tsp. toasted sesame oil

1 tsp. finely chopped green onion or chives

1 clove garlic, peeled and mashed (optional)

½ tsp. raw honey

½ cup extra-virgin olive oil

1 tsp. unrefined flaxseed oil

Place all ingredients in a jar and shake vigorously. MAKES ABOUT ½ CUP. From *Nourishing Traditions* by Sally Fallon. Used by permission.

### SALSA

4 medium tomatoes, peeled, seeded, and diced
2 small onions, finely diced
¼ cup diced chili pepper, hot or mild
1 bunch cilantro, chopped
1 tsp. dried oregano
Juice of 2 lemons
2 tsp. Celtic sea salt
2 Tbsp. whey (if not available, use an additional 1 tsp. salt)
½-1 cup filtered water

Mix all ingredients except water, and place in a quart-sized, wide-mouth Mason jar. Press down lightly with a wooden pounder. Add enough water to cover vegetables. Cover tightly and keep at room temperature for 2 days before transferring to cold storage. MAKES 1 QUART. From *Nourishing Traditions* by Sally Fallon. Used by permission.

### TERIYAKI SAUCE

1 Tbsp. grated fresh ginger

3 garlic cloves, mashed

1 Tbsp. toasted sesame oil

1 Tbsp. rice vinegar

1 Tbsp. raw honey

½ cup soy sauce

Use as a marinade for chicken or duck. Mix all ingredients together with a whisk. MAKES ¾ CUP. From Nourishing Traditions by Sally Fallon. Used by permission.

### YOGURT TAHINI INBETWEENI

4 oz. Probiogurt 1 Tbsp. Dijon-style mustard 1 Tbsp. yellow or brown mustard Juice of one freshly squeezed lemon 1 Tbsp. raw tahini (sesame butter) ½ tsp. of fine Celtic sea salt

Combine all ingredients together and mix thoroughly. By Jason Dewberry. Used by permission.

### Eggs

### EASY SCRAMBLED EGGS

6 eggs
Celtic sea salt, pepper
1/4 cup heavy cream
3 Tbsp. melted butter or extra virgin coconut oil
Few grains of cayenne pepper (optional)

Beat eggs well. Add cream. Heat butter in skillet or pan; add egg mixture, cooking slowly, until of a creamy texture. If desired, 1 cup of chopped turkey bacon, chicken, beef, or peppers may be added for variations in taste. **Serves 3–4.** 

From The Lazy Person's Whole Food Cookbook by Stephen Byrnes. Used by permission.

### EASY SOFT-BOILED/HARDBOILED EGGS

Wash eggs and cover with boiling water. Simmer for 4 minutes if you're making soft-boiled eggs, and 12 minutes if you're making hardboiled eggs. Hardboiled eggs may be plunged into cold water if you will be using them in another recipe, such as sliced additions or garnishes. Hardboiled eggs may also be made several at a time and then refrigerated for convenient snacking later. From *The Lazy Person's Whole Food Cookbook* by Stephen Byrnes. Used by permission.

### BASIC OMELET

4 fresh eggs, at room temperature 3 Tbsp. extra-virgin coconut oil or butter Pinch sea salt

Crack eggs into a bowl. Add water and sea salt, and blend with a wire whisk. (Do not over-whisk or the omelet will be tough). Melt coconut oil or butter in a well-seasoned cast iron skillet or frying pan. When foam subsides, add egg mixture. Tip pan to allow egg to cover the entire pan. Cook several minutes over medium heat until underside is lightly browned. Lift up one side with a spatula and fold omelet in half. Reduce heat and cook another 30 seconds or so—this will allow the egg on the inside to cook. Slide omelet onto a heated platter and serve. Serves 2.

### VARIATION: ONION, PEPPER, AND GOAT CHEESE OMELET

Sauté 1 small onion, thinly sliced, and  $\frac{1}{2}$  red pepper, cut into julienne strips, in a little extra-virgin coconut oil or butter until tender. Strew this evenly over the egg mixture as it begins to cook, along with 2 ounces of goat's milk cheddar or feta cheese.

### VARIATION: GARDEN HERB OMELET

Scatter 1 tablespoon parsley, finely chopped, 1 tablespoon chives, finely chopped, and 1 tablespoon thyme or other garden herb, finely chopped, over omelet as it begins to cook.

### VARIATION: MUSHROOM SWISS OMELET

Sauté  $\frac{1}{2}$  pound fresh mushrooms, washed, well dried, and thinly sliced, in extra-virgin coconut oil or butter and olive oil. Scatter mushrooms and grated Swiss cheese over the omelet as it begins to cook.

### VARIATION: SAUSAGE AND PEPPER OMELET

Sauté ¼ cup turkey or buffalo sausage and red or yellow peppers in a little extra-virgin coconut oil or butter until crumbly. Scatter over the omelet as it begins to cook.

### VARIATION: SPINACH AND FETA OMELET

Add chopped onion to beaten eggs. Add more onions, spinach, tomatoes, and feta cheese as it begins to cook.

VARIATION: TOMATO BASIL OMELET

Scatter ¼ cup diced tomato and chopped fresh basil over omelet as it begins to cook.

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### VEGETABLE FRITTATA

1 cup broccoli flowerets, steamed until tender and broken into small pieces

1 red pepper; seeded and cut into a julienne

1 medium onion, peeled and finely chopped

Butter and extra-virgin olive oil 6 eggs

1/3 cup sour cream or creme fraiche

1 tsp. finely grated lemon rind

Pinch dried oregano

Pinch dried rosemary

Sea salt and freshly ground pepper

1 cup grated raw Monterey Jack cheese

In a cast iron skillet, sauté the pepper and onion in butter and olive oil until soft. Remove with a slotted spoon. Beat eggs with cream and seasonings. Stir in broccoli, peppers, and onion. Melt more butter and olive oil in the pan and pour in egg mixture. Cook over medium heat about 5 minutes until underside is golden. Sprinkle cheese on top and place under the broiler for a few minutes until the frittata puffs and browns. Cut into wedges and serve. SERVES 4.

From *Nourishing Traditions* by Sally Fallon. Used by permission. For variations of this recipe, order a copy of *Nourishing Traditions*.

### Fish

### SIMPLE BAKED FISH

 $1\frac{1}{2}$  lb. filet of white fish such as sole, whiting, or turbot Juice of 1 lemon

Juice of 1 leffior

1 Tbsp. fish sauce (optional)

Dash cayenne pepper

1 Tbsp. snipped fresh herbs

Place fish in buttered baking dish. Sprinkle with lemon juice, cayenne, fish sauce, herbs, and salt. Cover baking dish with foil (but don't let foil touch the fish). Bake at 300 degrees for about 15 minutes. Serves 4.

From Nourishing Traditions by Sally Fallon. Used by permission.

### EASY BROILED HALIBUT

1–2 lb. halibut Lemon juice Butter or extra-virgin coconut oil Sea salt or Herbamare Pepper

Wipe halibut slices with damp cloth and sprinkle with salt, pepper, and lemon juice. Dot with oil or butter. Broil under high heat, turning frequently till brown. SERVES 6–8.

From The Lazy Person's Whole Food Cookbook by Stephen Byrnes. Used by permission.

### EASY SMOTHERED SALMON

2 cups canned salmon 34 cup diced celery

2 slices turkey bacon, chopped

½ cup boiling water

2 Tbsp. melted extra-virgin coconut oil or butter

3/4 cup onion, chopped

1 tsp. sea salt

Chopped celery

2 thin slices lemon (optional)

Combine oil or butter, turkey bacon, celery, onion, and salt; fry until light brown. Place salmon in center of greased baking pan. Arrange vegetables and turkey bacon around salmon. Add water and cover. Bake at 375 degrees for 30 minutes. Remove cover and cook another 10 minutes. Serves 6. From *The Lazy Person's Whole Food Cookbook* by Stephen Byrnes. Used by permission. For more salmon recipes, order a copy of this cookbook.

### SALMON SALAD

1 can water-packed salmon 1 Tbsp. omega-3 mayonnaise 1 Tbsp. flaxseed oil or garlic-chili flax Chopped onions Chopped peppers

Combine all ingredients and serve over lettuce or toasted sprouted bread. **Serves 1–2.** By Jordan Rubin

### WILD ALASKAN SALMON WITH PECAN PESTO

4 wild Alaskan salmon fillets (about 1.25–1.5 lb.)

½ lb. shelled pecans
3 oz. butter, cold
2–3 fresh jalapeños
1 small lemon or orange
1 3-inch sprig of rosemary
Olive oil
Celtic sea salt
Pepper

Heat oven to 300 degrees and toast pecans on a cookie sheet until you can smell the aroma of toasted pecans, about 20-30 minutes. Transfer to a cool cookie sheet. Rinse salmon and pat dry. Butterfly fillets with a sharp knife if desired. Rub salmon with olive oil; salt and pepper both sides. Heat iron skillet or other heavy skillet over medium heat. Sauté fillets until firm to the touch.

Prepare jalapeños by removing the tops and splitting lengthwise. De-rib and remove the seeds with a sharp knife. Chop coarsely. Cut the cold butter into  $\frac{1}{2}$  Tbsp. pats. Prepare the zest of  $\frac{1}{2}$  small lemon (or orange) and chop finely. Chop the rosemary into very fine pieces. Add the butter, chopped jalapeños, pecans, rosemary, and lemon zest to a food processor. Process for 5–8 seconds and scrape the bowl. Repeat 2–3 times until a paste has formed. Do not over-process. Spread the pesto over the cooked salmon. Serves 4.

By Keith Tindall from White Egret Farm. Used by permission.

### FILLET OF SOLE WITH GREEN GRAPES

1 lb. sole or flounder fillets Celtic sea salt 1 Tbsp. lime juice

1 tsp. parsley, finely minced

½ tsp. tarragon, finely minced

½ clove garlic, minced

34 cup white wine

1/4 lb. seedless green grapes

1 ½ Tbsp. butter

1 Tbsp. whole-grain flour (soaked)

2 Tbsp. orange juice

Rinse the fillets and pat dry. Sprinkle fillets with salt and lime juice. Place in a lightly greased skillet. Sprinkle the fillets with the parsley, tarragon, and garlic. Add the wine and simmer for 12 to 15 minutes until the fish flake easily and look milky white but not transparent. Add the grapes the last 5 minutes. Remove fish from the heat and keep warm on a platter. In the original skillet, melt the butter with the remaining juices. Blend in the flour until smooth. Add the orange juice and cook, stirring until the mixture thickens. Add more wine to adjust the consistency. Pour this sauce over the fillets. Serves 3–4.

By Keith Tindall from White Egret Farm. Used by permission.

### RED SNAPPER MEXICAN STYLE

4 red snapper fillets

2 Tbsp. lime juice

Extra-virgin olive oil

1 medium onion, thinly sliced

2 ripe tomatoes, peeled, seeded, and chopped

1 bunch cilantro, chopped

1 tsp. fresh chili pepper, diced

2 cloves garlic, peeled and mashed

Pinch of cinnamon

Sea salt

Rub fillets with lime juice; let stand, covered, in refrigerator for several hours.

Using a heavy skillet, sauté the fillets in a little olive oil briefly, on both sides. Transfer to an oiled Pyrex baking dish. Add more olive oil to the skillet. Sauté onion until soft. Add remaining ingredients and simmer for about 30 minutes or more until most of liquid is absorbed. Season to taste with sea salt. Strew the sauce over fish and bake at 350 degrees until tender, about 25 minutes. Serves 4.

From Nourishing Traditions by Sally Fallon. Used by permission.

### TUNA STEAKS, ORIENTAL STYLE

2 lb. tuna steak, about 1 inch thick Extra-virgin olive oil

Sea salt and freshly ground pepper

3 cloves garlic, peeled

1/4 cup fresh ginger, peeled and coarsely chopped

2 Tbsp. Dijon-type mustard

1/4 cup soy sauce

1 Tbsp. raw, unheated honey

½ cup rice vinegar

2 Tbsp. fish sauce (optional)

1 Tbsp. toasted sesame oil

1/3 cup extra-virgin coconut oil

1 bunch green onions, chopped

3 Tbsp. sesame seeds, toasted in oven

Brush tuna steaks with coconut oil and sprinkle with salt and pepper. Grill about 5 minutes per side on a barbecue or under a broiler. Transfer to a heated platter and keep warm until ready to serve. Meanwhile, place garlic, ginger, mustard, fish sauce, and soy sauce in food processor; process until blended. Add honey and vinegar and process again. With motor running, add oil gradually so that sauce emulsifies and becomes thick.

Place tuna steak servings on warmed plates. Spoon sauce over and garnish with green onions and sesame seeds. This dish goes well with spinach, chard, Chinese peas, or steamed Chinese cabbage. Serves 6.

From *Nourishing Traditions* by Sally Fallon. Used by permission. For more tuna recipes, order a copy of *Nourishing Traditions*. (See Appendix B in *The Maker's Diet.*)

### TUNA SALAD

1 can water-packed tuna

1 Tbsp. omega-3 mayonnaise

1 Tbsp. flaxseed oil or garlic-chili flax

Chopped onions

Chopped peppers

Chopped celery

Combine all ingredients and serve over lettuce or on toasted sprouted bread. Serves 1–2. By Jordan Rubin

### Fowl

### CHICKEN SALAD

6 oz. chopped chicken

1 Tbsp. omega-3 mayonnaise

1 Tbsp. flaxseed oil or garlic-chili flax

Chopped onions

Chopped peppers

Chopped celery

Combine all ingredients and serve over lettuce or on toasted sprouted bread. Serves 1–2. By Jordan Rubin

### CHICKEN WITH OREGANO AND MUSHROOMS

1 broiler, cut in pieces (pasture fed)

1/4 cup olive oil

½ cup onion, chopped

1 tsp. salt

1/8 tsp. pepper

½ tsp. oregano, dried, or ½ tsp. fresh oregano, finely chopped

1 clove garlic, minced

2 tomatoes, peeled and quartered

½ cup dry white wine

8 oz. fresh mushrooms, sliced

1/4 cup parsley, chopped for garnish

Brown the chicken pieces slowly in hot olive oil. Add onion, and cook until soft. Drain the oil, and season chicken with salt and pepper. Add oregano, garlic, wine, and mushrooms. Scrape the bottom of the pan to loosen browned bits. Cover and cook over low heat until the chicken is

tender, about 35 minutes. Add tomatoes. Continue cooking for 5 more minutes. Garnish with parsley. Serves 4.

By Keith Tindall from White Egret Farm. Used by permission.

### CILANTRO LIME CHICKEN CACCIATORE

2 lb. chicken breast sliced into 1-oz. cubes

1 Tbsp. minced garlic

½ cup freshly squeezed lime juice

3 Tbsp. chopped cilantro

2 Tbsp. extra-virgin olive oil

5 medium-sized Roma tomatoes

Celtic sea salt to taste

Cayenne pepper to taste

Heat sauté pan to medium. Add olive oil, garlic, cilantro, and ¼ cup of lime juice. Simmer for 4–6 minutes. While simmering, pour ¼ cup of lime juice over chicken; let stand for 1–2 minutes. Season chicken with salt and cayenne pepper. After 4–6 minutes, add seasoned chicken to the pan and cook for 8–10 minutes over medium to medium-high heat. **Serves 4.** By Jason Dewberry. Used by permission.

### EASY CURRIED CHICKEN

2 cups diced cooked chicken

2 cups coconut milk/cream

4 Tbsp. butter

3 Tbsp. whole-grain flour (soaked)

1 Tbsp. curry powder

1 tsp. chopped onion

½ cup lemon juice

Sea salt and pepper to taste

Melt butter, then add flour and curry powder; cook for 5 minutes. Pour in coconut milk/cream and stir well until boiling. Add the onion, then put in the chicken seasonings and heat. Add lemon juice when ready to serve. Goes great with brown rice and vegetables. **Serves 6.** 

From *The Lazy Person's Whole Food Cookbook* by Stephen Byrnes. Used by permission. For more chicken recipes, order a copy of this cookbook (www.powerhealth.net).

### CHICKEN FAJITAS

2 lb. chicken breast cut into strips, about ¼ to ½ inch thick

6 Tbsp. extra-virgin olive oil

½ cup lemon or lime juice

1/4 cup pineapple juice (optional)

4 garlic cloves, peeled and mashed

½ tsp. chili powder

1 tsp. dried oregano

½ tsp. dried thyme

1 red pepper, seeded and cut into julienne strips

1 green pepper, seeded and cut into julienne strips

2 medium onions, thinly sliced

Extra-virgin olive oil

12 sprouted whole-wheat tortillas

Melted butter

Crème fraiche or sour cream for garnish

Chismole for garnish Guacamole for garnish

Make a mixture of oil, lemon or lime juice, pineapple juice, and spices; mix well with the meat. Marinate for several hours. Remove with a slotted spoon to paper towels and pat dry. Using a heavy skillet, sauté the meat, a batch at a time, in olive oil, transferring to a heated platter and keeping warm in the oven. Meanwhile, mix vegetables in marinade. Sauté vegetables in batches in olive oil and strew over meat. Heat tortillas briefly in a heavy cast-iron skillet and brush with melted butter. Serve meat mixture with tortillas and garnishes. Serves 4–6.

From *Nourishing Traditions* by Sally Fallon. Used by permission. For more chicken recipes, order a copy of this cookbook.

### SPICY CHICKEN STUFFED PEPPERS

2 free-range chicken breasts

2 Tbsp. stick of butter

1 cup organic brown rice

½ cup diced jalapeños (optional)

2 cups or cans organic black beans

2 Tbsp. soy sauce

½ cup sharp cheddar cheese, shredded

2-4 red or yellow bell peppers (either whole or halves)

1 slice sprouted or sourdough whole-grain bread

Bake chicken breasts at 450 degrees for 30 minutes. After 15 minutes of cooking, baste with butter. Bring 2½ cups of water and 1 cup of brown rice to a boil (if brown rice was soaked overnight, add additional water to make approximately 2½ cups). Stir once, and then let simmer for 45 minutes. Add diced jalapeño peppers and shredded cheese to black beans; and cook on low heat. Add soy sauce to bean mixture, stirring occasionally. Take chicken out of oven and slice. Add to the bean mixture and simmer for 15 minutes. Mix brown rice into bean mixture and chicken and mix well. Cut the tops off of the peppers or cut in halves; place desired amount of stuffing into them. Slice the bread and place on top of stuffed peppers. Bake in oven at 450 degrees for 15 minutes. Serve warm. Serves 2–4.

By Sherry Dewberry. Used by permission.

### ROASTED PASTURED CHICKEN

1 pastured chicken, whole, 4–5 lb. (a broiler) 1 apple, small 1 onion, small 1 stalk celery, plus leaves 1 3-inch sprig rosemary Olive oil Celtic sea salt Pepper, freshly ground

Rinse and drain the chicken. If you are starting with a frozen chicken, be certain it is completely thawed. Preheat the oven to 350 degrees. Quarter and core the apple. Peel and quarter onion. Slice celery into 2-to 3-inch pieces. Add about 2 Tbsp. olive oil to the cavity of the bird. Stuff bird with apple, celery, onion, and rosemary. Rub the outside of the bird with olive oil. Sprinkle bird with salt and freshly ground pepper, and rub them into the skin. Place chicken in a baking dish with 2" sides. Bake approximately  $1\frac{1}{2}$  hours or until a meat thermometer reads 180 degrees when pushed into the thigh. Remove the chicken from the oven and allow to rest for approximately 20 minutes before carving. The rest period allows the juices to redistribute and results in more tender meat. Serves 4.

By Keith Tindall from White Egret Farm. Used by permission.

### WILD DUCK

- 4-6 ducks, preferably wild, or 2 domestic ducks may be used
- 1 small onion
- 1 apple, small to medium in size
- 4-6 sprigs of celery leaves
- 4-6 pats of extra-virgin coconut butter
- 1-2 cups dry wine, such as a Chardonnay

Preheat the oven to 325 degrees. Rinse and drain the ducks. Quarter the apple and onion and cut each quarter into thirds. Place one pat of butter into the cavity of each duck. Add a sprig of celery leaves, and then one or two of the apple and onion slices to fill the cavity. Place the stuffed duck breast down on a large piece of foil (the size of a cookie sheet for a small wild duck). Fold the foil to make a tight packet, leaving one end open. Add ¼ to ½ cup wine to the packet, depending on the size of the duck. Close the packet. Place each packet in the Dutch oven (breast down). Cover with the lid and place into the preheated oven. The ducks should bake for 2–3 hours depending on size. DO NOT open the lid or the packets until done. The ducks are done when they feel soft. The ducks must steam inside the packets in an airtight pan to become tender. Opening the lid or the packets will allow the steam to escape. For ideal results, ducks must bake long and slow under relatively low heat. Serves 4.

By Keith Tindall from White Egret Farm. Used by permission.

### Red Meat and Game

### ALL-DAY BEEF STEW

3 lb. beef stew, cut into 1-inch pieces

1 cup red wine

3-4 cups beef stock

4 tomatoes, peeled, seeded, and chopped (or 1 can tomatoes)

2 Tbsp. tomato puree

½ tsp. black peppercorns

Several sprigs fresh thyme, tied together

2 cloves garlic, peeled and crushed

2-3 small pieces orange peel

8 small red potatoes

1 pound carrots, peeled and cut into sticks

Celtic sea salt and freshly ground pepper

This recipe is ideal for working mothers. The ingredients can be assembled in about 15 minutes in the morning—or even the night before. Marinate meat in red wine overnight. (This step is optional.) Place all ingredients except potatoes and carrots in an oven-proof casserole and cook at 250 degrees for 12 hours. Add carrots and potatoes during the last hour. Season to taste. **Serves 6–8.** 

From Nourishing Traditions by Sally Fallon. Used by permission.

### CHEVON MEAT LOAF

1 lb. ground chevon (goat, preferably grass fed)

1 lb. ground beef (preferably grass fed)

½ onion, finely chopped

1 small green pepper, finely chopped

3/2 cup bread crumbs (from sprouted or sour dough whole-grain bread)

2 eggs

1 tsp. ground thyme

1/4 tsp. Celtic sea salt

½ tsp. black pepper

1 cup tomato ketchup

Preheat oven to 325 degrees. Add all the ingredients to a large bowl. Mix with your hands until all the ingredients are thoroughly combined. The mixture should feel slightly sticky. Add the mixture to a baking pan with 2-inch sides, and form it into a loaf. Make an indentation longitudinally along the top of the loaf. Fill this with additional tomato ketchup. Bake at 325 degrees for approximately 1¼ hours until the loaf appears slightly brown on top. Test for doneness by checking for an internal temperature of 160 degrees. Allow the loaf to rest before slicing in order to avoid crumbling. Serves 4–6.

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### EASY BROILED STEAK

1 sirloin or porterhouse steak Butter Broil steak under hot flame or in hot frying pan, turning frequently, until well browned. Place on serving dish and season as you like. You may add a pat of butter on top of the steak before serving. Serves 1.

From The Lazy Person's Whole Food Cookbook by Stephen Byrnes. Used by permission.

### EASY LAMB STEW

1½ lb. lamb stew meat 1½ cups diced carrots 1 cup diced celery ¼ cup canned tomatoes 1½ cups diced potatoes 1¼ cup chopped onion 1 tsp. Celtic sea salt

Brown the lamb in extra-virgin coconut oil. Cover with water and add salt. Simmer until meat is tender. Add vegetables and cover. Simmer for 30 minutes or until vegetables are cooked.

This recipe can be made in a Crock-Pot and left to cook for the whole day. Simply add all your ingredients to the pot, cover, and switch on. Serves 6.

From The Lazy Person's Whole Food Cookbook by Stephen Byrnes. Used by permission.

### LAMB CHOPS

8 lamb chops Freshly ground pepper ½ cup dry red wine 2 to 3 cups beef or lamb stock

You will need a very well-seasoned cast-iron skillet for this recipe. Season the lamb chops with pepper and cut off any excess fat. Place the skillet over a moderately high fire. When it is hot, set four chops in the pan. (No fat is required. The lamb chops will render their own fat, enough to keep the chops from sticking.) Cook about 5 minutes until they are rare or medium rare. Keep in a warm oven while you are cooking the second batch and preparing the sauce.

Pour the grease out of the pan and deglaze with the red wine and the beef stock. Boil rapidly, skimming off any dirty foam that rises to the top. Reduce to about  $\frac{3}{4}$  cup. The sauce should be consistency of maple syrup.

Place the lamb chops on heated plates, with their accompanying vegetables, and spoon on the sauce. Serves 4.

From Nourishing Traditions by Sally Fallon. Used by permission.

### LEG OF LAMB OR CHEVON

1 6–8 lb. leg of lamb or chevon (goat), pasture fed preferred

½ cup Dijon mustard

1 Tbsp. rosemary, fresh and finely minced

1 clove garlic, slivered

1-inch piece of ginger, skinned and minced

2 Tbsp. olive oil

Preheat the oven to 350 degrees. Blend mustard, soy sauce, herbs, and ginger in a bowl. Beat in oil to make a creamy mixture. Make 4 shallow slashes in the meat with a sharp knife; tuck a sliver of garlic into each. Brush the lamb or goat liberally with the sauce and let stand for 1-2 hours. Roast on a rack for  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours, or until a meat thermometer reads 150 degrees. This will produce a medium degree of doneness. Allow to rest before carving. The temperature will climb to about 160 degrees as the meat rests. **Serves 4–6.** 

### EASY PEPPER STEAK

4 equal-sized pieces of steak (sirloin or top round), about 1 inch thick

1 egg, beaten and diluted with a little water

1 red or yellow pepper, seeded and chopped into 4 slices

1 large red onion, chopped into 4 slices Olive oil

Sea salt and pepper to taste

Soy sauce

Place steak in a large bowl and add the egg. Sprinkle with salt and pepper and let sit for 15 minutes. Match up the onion and pepper slices. In a shallow baking pan, place enough olive oil to cover the bottom. Place the four steaks in the pan and sprinkle a little soy sauce on top of each. Then place one onion and pepper slice on each. Place under the broiler for 3–4 minutes. When you turn the steaks, be sure to replace the pepper and onion slices back on the tops of the steaks. Cook for another 3–4 minutes. Serves 4.

From The Lazy Person's Whole Food Cookbook by Stephen Byrnes. Used by permission.

### SIMPLE BEEF BURGUNDY

2 lb. lean beef stew meat in small cubes (preferably from pasture-fed beef)

2 Tbsp. whole-grain flour (soaked overnight)

2 Tbsp. butter

1 Tbsp. olive oil

1 tsp. sea salt or Herbamare

1/4 tsp. pepper

2 cups brown beef stock (page 37)

1 cup burgundy wine

1 medium onion, chopped

2 carrots, sliced

8 oz. Crimini mushrooms, sliced

1 clove garlic, minced

1 bay leaf

½ tsp. ground thyme

1 Tbsp. parsley, snipped

Toss the meat in the flour, salt, and pepper in a brown paper bag. Remove. Brown in the butter/olive oil combination. Add the beef stock, wine, mushrooms, onion, carrots, garlic, bay leaf, and thyme. Simmer  $2\frac{1}{2}$  to 3 hours, until the meat is tender. Turn the burner off and add the parsley to the hot mixture. If more liquid is needed during cooking, add more stock and wine in proportions of 2 parts stock to 1 part wine. SERVES 4–6.

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### **FAMILY ROAST BEEF**

4–5 lb. chuck roast, preferably from grass-fed beef ¼ pound butter ½ cup Worcestershire sauce

Celtic sea salt

Black pepper, freshly ground

Preheat oven to 325 degrees. Rub the roast with salt and pepper and place in a baking dish with 2-inch sides. In a saucepan, melt the butter and add an equal volume of Worcestershire sauce. Pour the sauce over the roast. Bake slowly at 325 degrees until a meat thermometer reads 150–155

degrees (for medium). Remove the roast from the oven and allow it to rest and redistribute the juices before carving. The temperature will climb to 160 degrees. It is particularly important that grass-fed beef be cooked more slowly at a lower temperature than commercial beef. Grass-fed beef should also be allowed to "coast in" to the desired level of doneness by removing it from the oven several minutes before you think it is done. This preserves the juiciness and produces meat that is tenderer.

**NOTE:** Worcestershire sauce was originally based on lacto-fermented green English walnut catsup (in addition to the fish pastes).

By Keith Tindall from White Egret Farm. Used by permission.

### FRENCH-STYLE LONDON BROIL

1 or 2 flank steaks (preferably from pasture-fed beef)

½ cup olive oil

½ cup burgundy wine

2 Tbsp. onion, minced

1 clove garlic, minced

1½ tsp. salt

5 drops of Tabasco sauce

Score both sides of the steaks in a diamond pattern about ½ inch deep. Combine all the ingredients in a large shallow baking dish. Coat the steaks with the marinade and turn four times during a 2-hour period of marinating in the refrigerator. (You may also marinate overnight.) Remove the steaks from the marinade and broil for 3–5 minutes on each side. To serve, cut diagonally into thin slices. Serves 3–4.

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### KOREAN BEEF

1 flank steak

½ cup soy sauce

2 Tbsp. toasted sesame oil

1 bunch green onions, finely chopped

6 cloves garlic, peeled and mashed

2 Tbsp. sesame seeds

½ tsp. cayenne pepper

Using a very sharp and heavy knife, slice the flank steak as thinly as possible across the grain and on the diagonal. (This will be easier if the meat is partially frozen.) Mix other ingredients and marinate beef in the mixture, refrigerated, for several hours or overnight.

Fold or "ribbon" the strips and stick them on skewers, making 4 to 6 brochettes. Cook on barbecue or under grill, about 5 to 7 minutes per side. Meat should still be rare or medium rare inside. This is delicious with any fermented vegetables, especially ginger carrots. The lactic-acid-producing bacteria in the fermented vegetables are the perfect antidote to carcinogens that may have formed in the meat, especially if it has been barbecued. **Serves 4**.

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### VENISON STEAKS WITH MARINADE

4-6 venison steaks, ½ inch thick

1 Tbsp. butter

2 Tbsp. sesame oil

### MARINADE:

1 cup red wine

1/4 cup lemon juice

½ cup olive oil

3 or 4 juniper berries

1 sprig parsley

1 sprig thyme

2 bay leaves

1-2 cloves garlic, crushed

1 pinch of nutmeg

1 tsp. sea salt or Herbamare

1 dash hot pepper sauce

Combine the ingredients in the marinade. Marinate the steaks for 24 hours in the refrigerator. To keep the steaks juicy on the inside but brown on the outside, sauté 5–6 minutes on a side in the butter/sesame oil combination. **Serves 4–6.** 

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# Organ Meats

**Preparation Tip:** Try to marinate organ meats for about 2 hours prior to cooking as it will significantly improve the taste. Place meat in container, cover with water, and then add 1-2 Tbsp. of fresh lemon juice, plain yogurt, or raw apple cider vinegar. Cover and place in refrigerator. When ready to cook, pour off water and rinse meat under cold water.

### LIVER WITH TURKEY BACON AND ONIONS

1-2 lb. organic beef liver

8 pieces of turkey bacon

1 onion, chopped

1 egg, beaten

½ cup whole-grain flour (soaked overnight)

Marinate the liver before cooking. Wash and dry the liver slices and set aside on a plate. Fry the bacon till crisp in a large skillet or frying pan. Remove bacon from the pan. Dredge the liver slices first in the egg, then in the flour. Place in a skillet and cook in extra-virgin coconut oil or butter.

The pieces will cook quickly, so be sure to turn after 2–3 minutes. (Don't overcook liver; it tastes terrible.) Melt some butter in another skillet and sauté onions in it. Strew the onions over the liver on a large platter and top with crumbled turkey bacon. **SERVES 4–6.** 

**Note:** You can prepare this recipe without the turkey bacon, sautéing the liver in butter or extravirgin coconut oil instead and serve with onions only.

From The Lazy Person's Whole Food Cookbook by Stephen Byrnes. Used by permission.

### LIVER, RICE CASSEROLE

1 lb. chopped cooked liver

3 Tbsp. melted butter

2 cups cooked brown rice

2 cups chopped tomatoes (you may use canned)

1 cup boiling water

1 onion, chopped and sautéed in butter

Herbamare seasoning to taste

Grease your casserole dish. Place onions on the bottom, then liver, then the rice. Add tomatoes, water, and seasoning. Bake at 400 degrees for 20 minutes. SERVES 6.

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# Grains, Nuts, Seeds, and Legumes

### PREPARATION TIPS

FOR WHOLE GRAINS: For millet, brown rice, oatmeal, amaranth, etc., soak desired amount of grain in an equal amount of water to which you've added 1 Tbsp. raw vinegar, fresh lemon juice, or plain yogurt. (Use 2-3 Tbsp. if you're cooking a large amount of grain.) Cover and let sit at room temperature for at least 7 hours, preferably longer. When ready to cook, add remaining required amount of water or stock and cook. NOTE: To soak whole-grain flours or pancake mixes, follow the same procedure as above but make sure the flour is mixed well with the soaking water.

FOR RAW BEANS AND LENTILS: Soak desired amount of beans in an equal amount of water to which you've added 1 Tbsp. raw vinegar, fresh lemon juice, or plain yogurt. (Use 2-3 Tbsp. if you're cooking a large amount of beans or lentils.) Cover and let sit at room temperature for at least 7 hours, preferably longer. When ready to cook, discard soaking water; add remaining required amount of water or stock and cook.

FOR RAW NUTS AND SEEDS: Place raw nuts or seeds in a bowl, add 1 Tbsp. sea salt, and cover with water. Leave at room temperature for 6-8 hours. Drain the water. Place nuts on a cookie sheet and dry on low heat in the oven. You can also air-dry the nuts on a towel, but it takes much longer to dry them this way.

### SPROUTED ALMONDS

Sprouted almonds are much more digestible than untreated ones. Rinse 3 times per day. Ready in 3 days. A sprout is merely a tiny white appendage, about <sup>1</sup>/8-inch long. From *Nourishing Traditions* by Sally Fallon. Used by permission.

### **BREAKFAST PORRIDGE**

1 cup oats, steel cut or rolled, or coarsely ground in your own grinder

1 cup water plus 2 Tbsp. fermented whey, yogurt, or buttermilk

½ tsp. Celtic sea salt

1 cup water

1 Tbsp. flaxseeds (optional)

For highest benefits and best assimilation, porridge should be soaked overnight or even longer. (Ancient recipes from Wales and Brittany called for a 24-hour soaking.) Once soaked, oatmeal cooks up in less than 5 minutes—truly a fast food.

Mix oats and salt with water mixture; cover and let stand at room temperature for at least 7 hours and as long as 24 hours. Bring additional 1 cup of water to boil. Add soaked oats. Reduce heat, cover, and simmer several minutes. Meanwhile, grind flaxseeds in a mini-grinder. Off heat, stir in flaxseeds and let stand for a few minutes. Serve with butter or cream thinned with a little water, and a natural sweetener like Sucanat, date sugar, maple syrup, or raw honey. Serves 4. From *Nourishing Traditions* by Sally Fallon. Used by permission.

### CRISPY PECANS

4 cups pecan halves 1 tsp. sea salt or Herbamare Filtered water

The buttery flavor of pecans is enhanced by soaking and slow-oven drying. Soak pecans in salt and filtered water for at least 7 hours or overnight. Drain in a colander. Spread pecans on two stainless steel baking pans and place in a warm oven (no more than 150 degrees) for 12 to 24 hours, stirring occasionally, until completely dry and crisp. Store in an airtight container. Great for school lunches. MAKES 4 CUPS.

VARIATION: TAMARI PECANS

In place of salt, add ¼ cup tamari sauce to soaking water. From *Nourishing Traditions* by Sally Fallon. Used by permission.

### EASY BROWN RICE

2 cups brown rice

4 cups water or 2 cups water mixed with 2 cups chicken stock

1 Tbsp. apple cider vinegar or yogurt

Soak rice in 2 cups of water with the vinegar or yogurt for at least 7 hours. Transfer to your pot or rice cooker. Add the remaining water or water/broth, and cook till tender. If you're cooking the rice on a stovetop, bring to a boil then lower heat to a simmer and cook covered, stirring occasionally. Serves 6–8.

**NOTE:** This recipe can be used for ANY whole grain you wish to serve by itself—millet, quinoa, buckwheat, amaranth, etc.

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### EASY FRENCH TOAST

1 cup plain yogurt ½ tsp. honey

2 eggs, slightly beaten

½ tsp. sea salt

8 slices sprouted or sourdough whole-grain bread

Combine eggs, yogurt, honey, and salt in a mixing bowl. Dip each slice of bread quickly into the mixture. Brown in extra-virgin coconut oil. Serve with butter and unheated honey or maple syrup or fresh fruit. Serves 4.

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### EASY WHOLE-GRAIN WAFFLES

11/3 cups whole-grain flour (spelt, kamut)

34 tsp. sea salt

2 tsp. non-aluminum baking powder

2 Tbsp. unheated honey

1 cup water

2 Tbsp. plain yogurt

4 Tbsp. extra-virgin coconut oil

2 eggs, separated

Soak the flour in water with 2 Tbsp. yogurt for at least 7 hours. Separate the eggs. Beat the yolks and add the yogurt and butter. Combine salt, honey, and flour; add this to the first mixture. Beat the egg whites until they form stiff peaks; fold them into the mix. Mix in the baking powder quickly. Cook in your waffle iron. Serves 6.

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### FIVE-GRAIN CEREAL MIX

2 cups wheat or spelt

2 cups millet

2 cups short-grain rice

2 cups barley or oats

2 cups split peas or lentils

This combination of grains conforms to the five grains recommended in the *Yellow Emperor's Classic of Internal Medicine*. Mix together and grind coarsely. Store in refrigerator. **MAKES 10 CUPS.** From *Nourishing Traditions* by Sally Fallon. Used by permission.

### FIVE-GRAIN PORRIDGE

1 cup Five-Grain Cereal

1 cup water plus 2 Tbsp. fermented whey or yogurt

½ tsp. Celtic sea salt

1 cup water

1 Tbsp. flaxseeds (optional)

Mix Five-Grain Cereal and salt with water plus whey or yogurt. Cover and let stand at room temperature for at least 7 hours and as long as 24 hours. Bring additional 1 cup of water to boil. Add soaked cereal. Reduce heat, cover, and simmer several minutes. Meanwhile, grind flaxseed in a mini-grinder. Remove cereal from heat and stir in flaxseed. Serve with butter or cream, thinned with a little water, and a natural sweetener like Sucanat, date sugar, maple syrup, or raw honey. Serves 4.

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### MUFFINS

11/4 cups freshly ground and/or soaked spelt, kamut, or whole-wheat flour

34 cup water mixed with 1 Tbsp. yogurt

1 egg, lightly beaten

1/4 tsp. fine Celtic sea salt

1 cup extra-virgin coconut oil

1/3 cup honey

2 tsp. baking powder

1 tsp. vanilla

Preheat oven to 400 degrees. Mix flour with water and yogurt and let stand overnight. Mix in remaining ingredients. Pour into well-buttered muffin tin about three-quarters full. Bake for 15–20 minutes. These muffins will puff up and then fall back a bit to form flat tops. Note: 1 cup buckwheat flour or cornmeal may be used in place of 1 cup spelt, kamut, or wheat flour. MAKES ABOUT 12.

Adapted from Nourishing Traditions by Sally Fallon. Used by permission.

**VARIATION:** RAISIN MUFFINS Add ½ cup raisins and ½ tsp. cinnamon to batter.

**VARIATION: BLUEBERRY MUFFINS** 

Pour batter into muffin tins. Place 5–7 blueberries, fresh or frozen, on each muffin. Berries will fall into the muffins. (If they are added to the batter, they sink to the bottom of the muffin.)

VARIATION: DRIED CHERRY MUFFINS

Add 4 oz. dried cherries (available at health food stores and gourmet markets) and  $\frac{1}{2}$  cup chopped crispy pecans to batter.

VARIATION: FRUIT SPICE MUFFINS

Add 2 ripe pears or peaches, peeled and cut into small pieces, and  $\frac{1}{2}$  tsp. cinnamon,  $\frac{1}{6}$  tsp. cloves, and  $\frac{1}{6}$  tsp. nutmeg to batter.

VARIATION: LEMON MUFFINS

Add grated rind of 2 lemons and ½ cup chopped crispy pecans to batter. Omit vanilla.

**VARIATION: GINGER MUFFINS** 

Add 1 Tbsp. freshly grated ginger and 1 tsp. ground ginger to batter. Omit vanilla.

### BLUEBERRY PECAN PANCAKES

11/2 cups freshly ground or soaked spelt, kamut, or whole-wheat flour

34 cup water mixed with 1 Tbsp. vogurt

1 egg, lightly beaten

½ cup blueberries (fresh or frozen)

½ cup crispy pecans

1/4 tsp. fine Celtic sea salt

½ cup extra-virgin coconut oil

2 tsp. baking powder

1 tsp. vanilla

Mix flour with water and yogurt and let stand overnight. Defrost blueberries in refrigerator if frozen. Mix ingredients into a bowl. Heat extra-virgin coconut oil in a skillet or pan over low heat. Increase temperature to moderate heat. Use about 3 Tbsp. of batter for each pancake. Serve with honey, maple syrup, or butter. MAKES ABOUT 12.

VARIATIONS: Use different kinds of fruit.

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### **PEPITAS**

4 cups raw, hulled pumpkinseeds

1 Tbsp. sea salt or Herbamare

1 tsp. cayenne pepper (optional)

Filtered water

This recipe imitates Aztec practices of soaking seeds in brine, then letting them dry in the hot sun. They ate pepitas whole or ground into meal.

Dissolve salt in water and add pumpkinseeds and optional cayenne. Soak for at least 7 hours or overnight. Drain in a colander, then spread on 2 stainless steel baking pans. Place in a warm oven (no more than 150 degrees) for about 12 hours or overnight, stirring occasionally, until thoroughly dry and crisp. Store in an airtight container. MAKES 4 CUPS.

**VARIATION:** TAMARI PEPITAS Use 2 Tbsp. tamari sauce in place of sea salt and cayenne. From *Nourishing Traditions* by Sally Fallon. Used by permission.

### SIMPLE BEANS

2 cups black beans, kidney beans, pinto beans, black-eyed beans, or white beans

Filtered water

2 Tbsp. whey

1 tsp. sea salt

4 cloves garlic, peeled and mashed (optional)

Soak beans in filtered water, salt, and whey for 12–24 hours, depending on the size of the bean. Drain, rinse, place in a large pot, and add water to cover beans. Bring to a boil, skimming off foam. Reduce heat and add optional garlic. Simmer, covered, for 4–8 hours. Check occasionally and add more water as necessary. Serves 8.

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### SIMPLE LENTILS

2 cups lentils, preferably green lentils Filtered water 2 Tbsp. homemade whey or yogurt 1 tsp. Celtic sea salt 2 cups beef or chicken stock 2 cloves garlic, peeled and mashed Several sprigs fresh thyme, tied together 1 tsp. dried peppercorns, crushed Pinch dried chili flakes (optional) Juice of 1–2 lemons

Soak lentils in filtered water, salt, and whey for several hours. Drain and rinse. Place in a pot and add stock to cover. Bring to a boil and skim. Add remaining ingredients except lemon and simmer, uncovered, for about 1 hour, or until liquid has completely reduced. Add lemon juice and season to taste. Serve with a slotted spoon. Excellent with sauerkraut and strongly flavored meats such as duck, game, or lamb. **Serves 6–8.** 

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### SPROUTED SUNFLOWER SEEDS

These are among the most satisfactory seeds for sprouting. Sunflower sprouts are just delicious in salads, but they must be eaten very soon after sprouting is accomplished, as they soon go black. Try to find hulled sunflower seeds packed in nitrogen packs. Rinse 2 times per day. Ready in 12 to 18 hours, when sprout is just barely showing.

From Nourishing Traditions by Sally Fallon. Used by permission.

# **Beverages**

### APPLE "CIDER"

1 gallon unfiltered, unpasteurized apple juice

1 Tbsp. sea salt

½ cup homemade whey

Place all ingredients in a large bowl. Cover and leave at room temperature for 2 days. Skim foam that rises to the top. Line a strainer with several layers of cheesecloth; strain juice into jars or jugs. Cover tightly and refrigerate. Flavors will develop slowly over several weeks. The "cider" will eventually develop a rich buttery taste.

If you wish to further clarify the cider, add lightly beaten egg whites to the jugs (1 egg white per quart). Set aside a few hours, and then filter again through several layers of cheesecloth. MAKES 4 QUARTS.

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### BALANCED VEGETABLE JUICE

Vegetable juices can be a great source of essential nutrients. Here is a staple vegetable juice blend:

50 percent carrot juice

10 percent beet juice

30 percent celery juice

10 percent parsley or other green juice

1 tsp. cream, goat's milk yogurt, coconut milk

1-2 Tbsp. of Green Superfood Powder with HSOs (optional)

By Jordan Rubin

### **CULTURED VEGETABLE JUICE**

3 red beets

1 carrot

2-4 Tbsp. fermented whey or 1 packet cultured vegetable starter

1 oz. grated ginger

1 tsp. fine Celtic sea salt

Purified water

Peel and chop beets and carrot; combine with peeled and grated ginger. Place in a 1–2 quart glass container with a seal. Cover with water and add whey and salt. Stir well and cover. Leave at room temperature for 2–3 days, then transfer to the refrigerator.

By Jordan Rubin

### GINGER ALE

3/4 cup ginger, peeled and finely chopped or grated

½ cup fresh lime juice

1/4-1/2 cup Rapadura or dehydrated cane juice

2 tsp. Celtic sea salt

1/4 cup homemade whey

2 quarts filtered water

Place all ingredients in a 2-quart jug and fill with water. Stir well and cover tightly. Keep at room temperature for two days before transferring to the refrigerator. This will keep several months well chilled. To serve, strain and mix half ginger ale with half purified water or naturally sparkling water. Best consumed at room temperature, not cold. MAKES 2 QUARTS.

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### HOMEMADE KEFIR

1 at, raw goat's or cow's milk 1 packet kefir starter

Pour into quart-size Mason jar. Add kefir starter. Set in a room temperature area for 12–48 hours, then transfer to refrigerator. A cupboard is an ideal place to ferment. The temperature range should be between 70-75 degrees. Kefir can last several months in the refrigerator and will become sourer over time.

By Jordan Rubin

### **NEW WINE**

1 case organic concord, black, or red grapes, about 16 lb. ½ cup Probiogurt or continental acidophilus 1 Tbsp. Celtic sea salt

This beverage is best made with a vegetable juicer, although a high-speed blender or food processor will do. It takes a bit of time, but the results are worth it. This delicious and refreshing drink is an excellent substitute for wine, containing all the nutrients of grapes found in wine, including many enzymes, but none of the alcohol. In fact, a drink similar to this may have been what the Bible referred to as "new wine."

Remove grapes from stems, wash well, and pass through the juicer. Place liquid in a large bowl with salt and Probiogurt, and stir well. Cover and leave at room temperature for 2 days. If you don't use a juicer, you may want to scoop off the skins and strain juice through a strainer lined with several layers of cheesecloth. It is best to store new wine in airtight containers in refrigerator. Delicious flavors will develop over time. May be served diluted with half water. MAKES 5-6 OUARTS.

By Jordan Rubin

### RASPBERRY DRINK

2 12-oz. packages frozen raspberries, or 24 oz. fresh raspberries Juice of 12 oranges 1/4-1/2 cup Rapadura or dehydrated cane juice 1/4 cup homemade whey 2 tsp. Celtic sea salt 2 quarts filtered water

Place raspberries in food processor and blend until smooth. Mix in a large bowl with remaining ingredients. Cover and let sit at room temperature for 2 days. Skim foam that may rise to top. Strain through a strainer lined with cheesecloth. Pour into jugs or jars. Cover tightly and store in refrigerator. If you wish to further clarify the raspberry drink, add lightly beaten egg whites to the jugs (1 egg white per quart). Set aside a few hours, and then filter again through several layers of cheesecloth. To serve, dilute with sparkling mineral water. MAKES 2 QUARTS.

From Nourishing Traditions by Sally Fallon. Used by permission.

### **Smoothies**

**Author's note:** During my healing process, I consumed this smoothie one to two times per day with raw eggs. Contrary to popular belief, eggs from healthy, free-range, pastured chickens are almost always free of dangerous germs. If the egg has an odor, obviously it should not be eaten. Since most of the salmonella infections are caused by germs on the shell, for added protection it is best to wash the eggs in the shell with a mild alcohol or hydrogen peroxide solution or a fruit and vegetable wash.

### BERRY SMOOTHIE

10 oz. plain whole-milk yogurt, kefir, or coconut milk/cream

1-2 raw high omega-3 whole eggs (optional)

1 Tbsp. extra-virgin coconut oil

1 Tbsp. flaxseed or hempseed oil

1-2 Tbsp. unheated honey

1 Tbsp. goat's milk protein powder (optional)

1-2 cups fresh or frozen berries

Combine ingredients in a high-speed blender.

Properly prepared, this smoothie is an extraordinary source of easy-to-absorb nutrition. It contains large amounts of "live" enzymes, probiotics, vitally important "live" proteins, and a full spectrum of essential fatty acids. Smoothies should be consumed immediately or refrigerated for up to 24 hours. If frozen in ice cube trays with a toothpick inserted into each cube, smoothies can make for a great frozen dessert. Makes 2 8-oz. Servings.

By Jordan Rubin

### **VARIATIONS FOR SMOOTHIES**

To enjoy the same life giving nutrients with different flavors, add the following ingredients to the "basic" ingredients used in the smoothie listed above:

BANANA COCONUT CREAM SMOOTHIE—10 oz. coconut milk/cream (instead of whole-milk yogurt or kefir); 1–2 fresh or frozen bananas (instead of berries); ½ tsp. vanilla extract

BLACKBERRY BANANA SMOOTHIE—½–1 cup fresh or frozen blackberries (instead of berries); 1 fresh or frozen banana

CHERRY VANILLA SMOOTHIE—1/2-1 cup fresh or frozen cherries (instead of berries); 1 fresh or frozen banana

CHOCOLATE MOUSSE SMOOTHIE—2 Tbsp. cocoa or carob powder or Healthy Chocolate Spread (instead of berries)

CREAMSICLE SMOOTHIE—6 oz. (not 10) of plain whole-milk yogurt or kefir; 4 oz. freshly squeezed orange juice; 1–2 fresh or frozen bananas (instead of berries)

MOCHA SWISS ALMOND SMOOTHIE—2 Tbsp. cocoa or carob powder (instead of berries); 2 Tbsp. raw almond butter (or 4 Tbsp. Chocolate Almond Spread)

MOCHACCINO SMOOTHIE—2 Tbsp. cocoa or carob powder; 1 Tbsp. organic-roasted coffee beans; 1–2 fresh or frozen bananas (instead of berries)

PEACHES 'N CREAM SMOOTHIE—1/2-1 cup fresh or frozen peaches (instead of berries); 1 fresh or frozen banana

PINA COLADA SMOOTHIE—10 oz. coconut milk/cream (no whole-milk yogurt or kefir); 1 cup fresh or frozen pineapple (instead of berries); 1 fresh or frozen banana

By Jordan Rubin

### Snacks and Desserts

### BANANA BREAD

3 cups freshly ground spelt or wheat flour

2 cups cultured buttermilk, water mixed with 2 Tbsp. whey or yogurt

3 eggs, lightly beaten

1 tsp. sea salt

1/4 to 1/2 cup maple syrup

2 tsp. baking soda

1/4 cup melted butter

2 ripe bananas, mashed

½ cup chopped crispy pecans

Mix flour with buttermilk or water mixture and let stand overnight. Beat in remaining ingredients. Pour into a well-buttered and floured loaf pan. Bake at 350 degrees for 1 hour or more, until a toothpick comes out clean. Makes one  $9 \times 13$  Loaf.

For variations of this recipe, order a copy of *Nourishing Traditions* by Sally Fallon. (See Appendix B in *The Maker's Diet.*)

### COCONUT ALMOND FUDGE

1 cup extra-virgin coconut oil

34 cup carob powder

1/4 cup raw almond butter

1/4 cup unheated honey

1 Tbsp. vanilla

Place all ingredients in a glass container and set in simmering water until melted if needed. Mix together well. Spread thick paste mixture on a piece of buttered parchment paper; allow to cool in refrigerator or freezer. Remove and serve immediately. MAKES 1¼ CUP.

By Jordan Rubin

### PINEAPPLE CREAMY TREAT

1 cup organic ricotta cheese

1 Tbsp. unheated honey

½ tsp. vanilla extract

1 cup pineapple or fruit of choice

Mix ricotta, honey, and vanilla extract. Top with fruit of choice. **Serves 2–3.** By Jordan Rubin

### CREAMY HIGH-ENZYME DESSERT

4 oz. Probiogurt, plain yogurt, or cultured cream

1 Tbsp. raw, unheated honey

1 tsp. flaxseed oil

½ cup fresh or frozen organic berries

Mix yogurt, honey, and flaxseed oil. Top with berries. By Jordan Rubin

### SUPER SEED BAR

34 cup and 3 Tbsp. SuperSeed Whole Food Fiber Powder

½ cup tahini (sesame butter)

½ cup almond butter

1/4 cup and 1 Tbsp. Goatein goat's milk protein powder

6 Tbsp. cocoa or carob powder

1/4 tsp. salt

1/3 cup honey

21/2 Tbsp. extra-virgin coconut oil

1 tsp. vanilla extract

1 tsp. orange or almond extract

Combine wet and dry ingredients and form into bars. Freeze or refrigerate. MAKES 4–6 3-OZ. BARS. By Phyllis Rubin. Used by permission.

VARIATIONS Add organic chocolate or carob chips, shredded coconut, dried fruit, or chopped almonds.

### TRAIL MIX

1 cup crispy pecans

1 cup crispy cashews

1 cup unsulphured dried apricots, apples, pears, or pineapple cut into pieces

1 cup raisins

1 cup dried sweetened coconut meat

1 cup carob chips (optional)

Mix all ingredients together. Store in an airtight container. MAKES 5–6 CUPS. From *Nourishing Traditions* by Sally Fallon. Used by permission.

### ZESTY POPCORN

1/3 cup popcorn

3 Tbsp. extra-virgin coconut oil

2 Tbsp. garlic-chili flax

2 Tbsp. melted butter

Herbamare to taste

Melt coconut oil in pan over medium heat. Pour popcorn into pan. Cover pan with lid. While popping, melt butter. Cook until popped. Pour into large bowl. Pour melted butter and garlic chiliflax and seasoning and mix thoroughly.

By Nicki Rubin. Used by permission.

# Section 3 Shopping Lists

As you have seen, the maker's diet 40-day health Experience is organized around three phases. Phase one puts you back on the path toward eating well. Once you have learned the principles of healthy eating, phase two adds in more foods to enjoy. Phase three adds even more foods, and is the maintenance phase for going beyond the fortieth day in the health the Creator designed.

The shopping lists given here reflect the allowed foods lists from *The Maker's Diet* and are listed according to the three phases of the program. Take these to the grocery store and shop with confidence To shop for individual recipes, you'll want to reference the recipe itself for specific ingredients.

### Phase One

As with virtually any important task or endeavor, *the way you start* significantly affects the results you enjoy at the finish. Phase one of the Maker's Diet is designed to stabilize insulin and blood sugar, reduce inflammation, reduce infection, enhance digestion, and help balance the hormones in your body. This should help you better manage your weight in a healthy manner and significantly improve your overall health.

Best of all, the components of phase one should greatly reduce your risk of incurring disease. It effectively helps your body reduce insulin sensitivity and balance the omega-3/omega-6 ratio that is so vital to balance levels of inflammation and enhance the health of your immune system, which will reduce chances of infection.

### **Temporary Food Limitations**

After reading through this forty-day program, you will notice that phase one restricts disacchariderich carbohydrate foods such as grains, pastas, breads, sugar, potatoes, corn, beans, and legumes. While it is true that the people of the Bible consumed a diet that contained liberal amounts of grain and other carbohydrate foods, they were higher-quality, lesser-processed carbohydrates, and therefore much easier to digest. And since they ate smaller quantities of food (some believe as much as six times less food than we do), their typical diet was close to a modern lower-carbohydrate diet.

Also, these people would have eaten extremely healthy diets since birth, so they weren't hampered by increased insulin sensitivity, endocrine imbalances (including thyroid problems), infection, inflammation, and digestive problems common to people who have been reared with the standard American diet (SAD). Since phase one is designed to *correct* these harmful imbalances, it must *temporarily* limit even healthy foods such as fruits, whole grains, and honey while allowing for the liberal consumption of protein foods, vegetables, and healthy oils.

# Phase One Shopping List

### Meat (grass-fed/organic is best)

Beef
Lamb
Venison
Goat

• Liver and heart (must be organic)

Beef or buffalo sausage or hot dogs (no pork casing—organic and nitrite/nitrate free is best)

(Use sparingly in phase one.)

Veal Buffalo Elk

Meat bone soup/stock

### Fish (wild freshwater/ocean-caught fish is best; make sure it has fins and scales!)

Salmon Tuna

Scrod Haddock Pompano Trout

Orange roughy Snapper Herring Whitefish

Salmon (canned in spring water) Tuna (canned in spring water)

Sardines (canned in water or olive oil only)

Halibut Cod Grouper Mahi mahi Wahoo Tilapia Sea bass Mackerel Sole

Fish bone soup/stock

### Poultry (pastured/organic is best)

Chicken Guinea fowl

Poultry bone soup/stock Cornish game hen

Turkey Duck

Chicken or turkey bacon (no pork casingorganic and nitrite/nitrate free is best)

Chicken or turkey sausage or hot dogs (no pork casing—organic and nitrite/nitrate free is best)

(Use sparingly in phase one.) Liver and heart (must be organic)

Eggs (high omega-3/DHA is best)

Chicken eggs (whole with yolk) Duck eggs (whole with yolk)

### Dairy

Goat's milk yogurt (plain)

Homemade kefir from goat's milk

Soft goat's milk cheese Goat's milk hard cheese Sheep's milk hard cheeses

### Fats and oils (organic is best)

Oil, butter (ghee) Avocado

Goat's milk butter

Cow's milk butter, organic

Extra-virgin coconut oil (best for cooking) Extra-virgin olive oil (not best for cooking) Flaxseed oil (not for cooking) Hempseed oil (not for cooking) Goat's milk butter (not for cooking) Raw cow's milk butter, grass-fed (not for cooking) Expeller-pressed sesame oil Coconut milk/cream (canned) Vegetables (organic fresh or frozen is best) Squash (winter or summer) Asparagus Cauliflower Cabbage Celery Eggplant Garlic Lettuce (leaf of all kinds) Spinach Peas String beans Artichoke (French, not Jerusalem) Leafy greens (kale, collard, broccoli rabe, mustard greens, etc.) Raw leafy greens (endive, escarole, radicchio, arugula, frisse, etc.) Sprouts (broccoli, sunflower, pea shoots, radish, etc.) Sea vegetables (kelp, dulse, nori, kombu, hijiki) Raw, fermented vegetables (lacto-fermented only, no vinegar) Broccoli **Beets** Brussels sprouts Carrots Cucumber Pumpkin Onion Okra Mushrooms Peppers **Tomatoes** Beans and legumes (soaked or fermented is best) Small amounts of fermented soybean paste (miso) as a broth

Lentils

### Nuts and seeds (organic, raw, or soaked is best)

Almonds (raw) Hempseed (raw) Sunflower seeds (raw) Hempseed butter (raw) Pumpkinseed butter (raw) Pumpkinseeds (raw) Flaxseed (raw and ground) Almond butter (raw)

Sunflower butter (raw)
 Tahini, sesame butter (raw)

### Condiments, spices, seasonings (organic is best)

Salsa (fresh or canned)
Guacamole (fresh)
Celtic sea salt
Herbamare seasoning
Umeboshi paste

Raw salad dressings and marinades (see recipes)
 Herbs and spices (no added stabilizers)

Pickled ginger (preservative and color free)
 Wasabe (preservative and color free)

Organic flavoring extracts (alcohol based, no

sugar added), i.e., vanilla, almond, etc.

Tomato sauce (no added sugar)

Apple cider vinegar

Mustard

Omega-3 mayonnaise

Soy sauce (wheat free), tamari

### Fruits (organic fresh or frozen is best)

Blueberries
Blackberries
Cherries
Cherries
Lemon
Strawberries
Raspberries
Grapefruit
Lime

### **Beverages**

Purified, nonchlorinated water

Natural sparkling water, no carbonation added

(i.e., Perrier)

Herbal teas (preferably organic)—unsweetened

or with a small amount of honey or Stevia

Raw vegetable juice (beet or carrot juice—

maximum 25 percent of total)

• Lacto-fermented beverages (see recipes)

Certified organic coffee—buy whole beans,

freeze them, and grind yourself when desired; flavor only with organic cream and a small

amount of honey.

### **Sweeteners**

Unheated, raw honey in very small amounts (1

Tbsp. per day maximum)

### Miscellaneous

Goat's milk protein powder

### Phase Two

Congratulations on finishing phase one. It was a tough two weeks, but I trust it was well worth it. No doubt you are feeling much better. If you started out overweight, you may be as many as 10 pounds lighter. Your digestion has improved, your energy levels have increased, your skin looks better, and you are well on your road to optimal health. Phase two introduces a greater variety of foods, including seeds and fruit.

### **Phase Two Shopping List**

Meat (grass-fed/organic is best)

All meats listed in phase one

Fish (wild freshwater/ocean-caught fish is best—check for fins and scales!)

All fish listed in phase one

Poultry (pastured/organic is best)

All poultry listed in phase one

Eggs

Fish roe or caviar (fresh, not preserved)

Luncheon meat (organic and nitrite/nitrate free is best)

Turkey, sliced (free range, preservative free)
Roast beef, sliced (free range, preservative free)

Dairy (organic, grass-fed is best)

Homemade kefir from raw or nonhomogenized

cow's milk

Kefir from pasteurized, nonhomogenized cow's

milk

Raw cow's milk hard cheeses
Cow's milk cottage cheeses
Cow's milk ricotta cheese

Cow's milk plain whole-milk yogurt

Cow's milk plain kefir
 Cow's milk plain sour cream

Raw goat's milk

Fats and oils (organic is best)

Expeller-pressed peanut oil

Vegetables (organic fresh or frozen is best)

Sweet potatoes

Corn Yams

Beans and legumes (soaked or fermented is best)

White beans
 Kidney beans

Tempeh (fermented soybean)

Black beans
Navy beans

### Nuts and seeds (organic, raw, soaked is best)

Walnuts (raw)

Hazelnuts (raw)
 Macadamia nuts (raw)

Brazil nuts (raw)

Pecans (raw or soaked and low-temperature

dehydrated)

### Condiments, spices, seasonings (organic is best)

Ketchup (no sugar)

All-natural salad dressings (no preservatives)

All-natural marinades (no preservatives)

### Fruits (organic fresh or frozen is best)

Apples
Grapes
Peaches
Pears
Kiwi

Pomegranates Guava

Guava
Apricots
Melon
Oranges
Plums
Pineapple

Passion fruit

### **Beverages**

• Raw vegetable juice (beet or carrot—maximum

50 percent of total)

Coconut water

### **Sweeteners**

Unheated raw honey (up to 3 tablespoons per

day)

Stevia

### Miscellaneous

Same as phase one

### Phase Three

Phase three should begin in the fifth week of the program or when you are feeling a renewed sense of health and are approaching your ideal weight. Phase three is the maintenance phase of the diet. This allows consumption of foods from each food group. Here we will introduce healthy grain foods and foods higher in sugars and starches, such as sweet potatoes.

### Phase Three Shopping List

Meat (grass-fed/organic is best)

All meats listed in phase one and phase two

Fish (wild freshwater/ocean-caught fish is best—check for fins and scales!)

All fish listed in phase one and phase two

Poultry (pastured/organic is best)

All poultry listed in phase one and phase two

Eggs (high omega-3/DHA or organic is best)

All eggs listed in phase one and phase two

Luncheon meat (organic is best)

All luncheon meat listed in phase two

Dairy

All dairy listed in phase one and phase two

Fats and oils (organic is best)

All fats and oils listed in phase one and phase

two

Vegetables (organic fresh or frozen is best)

All vegetables listed in phase one and phase two

### Beans and legumes (soaked or fermented is best)

Along with beans and legumes listed in phase one and phase two, add:

Pinto beans Split peas

Lima beansBlack-eyed peas

• Edamame (boiled soybeans) (in small amounts)

Red beans Garbanzo beans Broad beans

### Nuts and seeds (organic, raw, soaked is best)

Along with nuts and seeds listed in phase one and phase two, add:

Almonds (dry roasted)
Almond butter (roasted)
Pecans (dry roasted)

Sunflower seeds (dry roasted)
Pumpkinseeds (dry roasted)
Pumpkinseed butter (roasted)
Sunflower butter (roasted)

Peanuts, dry roasted (must be organic) (in small

quantities)

• Peanut butter, roasted (must be organic) (in

small quantities)

• Cashews, raw or dry roasted (in small quantities)

Cashew butter, raw or roasted (in small

quantities) Walnuts (dry roasted)

Tahini (roasted)

Macadamia nuts (dry roasted)

### Condiments, spices, seasonings (organic is best)

All condiments, spices, and seasonings listed in

phase one and phase two

### Fruits (organic fresh or frozen is best)

Along with fruits listed in phase one and phase two, add:

Banana
Mango

Papaya

 Dried fruit (no sugar or sulfites): raisins, figs, dates, prunes, pineapple, papaya, peaches, and

apples

Canned fruit (in its own juices)

### Beverages

Along with beverages listed in phase one and phase two, add:

Raw, unpasteurized vegetable juice

Raw, unpasteurized fruit juice

Organic wine and beer (in very small amounts)

### Grains and starchy carbohydrates (whole-grain, organic, soaked is best)

Sprouted, Ezekiel-type bread

Sprouted Essene bread

Fermented whole-grain sourdough bread

Quinoa Buckwheat

Spelt (in small quantities)

Whole-grain kamut or spelt pasta (in small

quantities)

Oats (in small quantities)

Kamut (in small quantities) Brown rice (in small quantities)

Barley (in small quantities)

Amaranth Millet

Sprouted cereal

### **Sweeteners**

Along with sweeteners listed in phase one and phase two, add:

Maple syrup

### Miscellaneous

Selected healthy snacks (a few times per week)

(See Appendix B in The Maker's Diet.)

Trail Mix (page 87)

Organic chocolate spreads

Carob powder

• Zesty Popcorn (page 88)

### Conclusion

THE MAKER'S DIET SHOPPER'S GUIDE SHOULD STAY AT your fingertips through the forty days of the Maker's Diet 40-Day Health Experience. It gives you daily help in the places you and your family need it most: the kitchen, the dinner table, and the grocery store. This is where we live, and this is where the victory for total wellness is won.

Then when the forty-first day comes, you will still want to keep *The Maker's Diet Shopper's Guide* close at hand. The shopping lists, recipes, and meal plans will be great resources for you as you live a life of health according to *The Maker's Diet*.

"My mission is to transform the health of God's people one life at a time."

# —JORDAN RUBIN



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